



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

König, Heiko

Club: Ingolstadt

Number: 983

Course: 9.30 km

Kurze Strecke

Category:

Männer M35

Total time: 50:06

Speed: 10.78 km/h

Running performance: 5:23 min/km

Rank in course/Total: 130 (of 244)

Rank in course/Men: 106 (of 171)

Best time in course: 32:46

Rank in category: 14(of 20)

Best time in the category: 35:43