



## 6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Seifert, Gerd**

Club: Saalfelder LV

Number: 853

Course: 9.30 km

Kurze Strecke

Category:

Männer M70

Total time: 50:37

Speed: 10.67 km/h

Running performance: 5:26 min/km

Rank in course/Total: 135 (of 244)

Rank in course/Men: 109 (of 171)

Best time in course: 32:46

Rank in category: 4(of 8)

Best time in the category: 41:21