



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Frank, Thomas**

Club: Ilmenau

Number: 782

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 50:46

Speed: 10.64 km/h

Running performance: 5:28 min/km

Rank in course/Total: 139 (of 244)

Rank in course/Men: 111 (of 171)

Best time in course: 32:46

Rank in category: 13(of 17)

Best time in the category: 35:06