



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Maar, Karl-Heinz

Club: Oesteröda

Number: 986

Course: 9.30 km

Kurze Strecke

Category:

Männer M50

Total time: 51:35

Speed: 10.47 km/h

Running performance: 5:33 min/km

Rank in course/Total: 148 (of 244)

Rank in course/Men: 117 (of 171)

Best time in course: 32:46

Rank in category: 8(of 15)

Best time in the category: 39:04