



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Lorenz-Dietz, Frank

Club: Vaihingen

Number: 910

Course: 9.30 km

Kurze Strecke

Category:

Männer M35

Total time: 52:12

Speed: 10.69 km/h

Running performance: 5:37 min/km

Rank in course/Total: 157 (of 244)

Rank in course/Men: 124 (of 171)

Best time in course: 32:46

Rank in category: 17(of 20)

Best time in the category: 35:43