



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Bock, Thomas

Club: Plaue

Number: 775

Course: 9.30 km

Kurze Strecke

Category:

Männer M55

Total time: 53:20

Speed: 10.13 km/h

Running performance: 5:44 min/km

Rank in course/Total: 171 (of 244)

Rank in course/Men: 131 (of 171)

Best time in course: 32:46

Rank in category: 12(of 14)

Best time in the category: 35:47