



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Michi, Heiko**

Club: Erfurt  
Number: 808

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M35

Total time: 53:37

Speed: 10.07 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 175 (of 244)

Rank in course/Men: 133 (of 171)

Best time in course: 32:46

Rank in category: 18(of 20)

Best time in the category: 35:43