



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Wilck, Thomas

Club: Riege-Natursteine

Number: 837

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 53:39

Speed: 10.07 km/h

Running performance: 5:46 min/km

Rank in course/Total: 176 (of 244)

Rank in course/Men: 134 (of 171)

Best time in course: 32:46

Rank in category: 18(of 19)

Best time in the category: 38:36