



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Albrecht, Lotz

Club: Lauffreunde Geratal

Number: 879

Course: 9.30 km

Kurze Strecke

Category:

Männer M65

Total time: 54:15

Speed: 9.95 km/h

Running performance: 5:50 min/km

Rank in course/Total: 180 (of 244)

Rank in course/Men: 137 (of 171)

Best time in course: 32:46

Rank in category: 7(of 10)

Best time in the category: 40:43