



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Nickel, Manfred**

Club: Sangerhausen

Number: 812

Course: 9.30 km

Kurze Strecke

Category:

Männer M60

Total time: 55:11

Speed: 9.79 km/h

Running performance: 5:56 min/km

Rank in course/Total: 190 (of 244)

Rank in course/Men: 144 (of 171)

Best time in course: 32:46

Rank in category: 8(of 9)

Best time in the category: 38:34