



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Hein, Michael

Club: Kath. Laufjugend Arnstadt

Number: 791

Course: 9.30 km

Kurze Strecke

Category:

Männer M35

Total time: 55:13

Speed: 9.78 km/h

Running performance: 5:56 min/km

Rank in course/Total: 191 (of 244)

Rank in course/Men: 145 (of 171)

Best time in course: 32:46

Rank in category: 19(of 20)

Best time in the category: 35:43