



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

Lindstädt, Mario

Club: Arnstadt

Number: 941

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 55:36

Speed: 9.71 km/h

Running performance: 5:59 min/km

Rank in course/Total: 195 (of 244)

Rank in course/Men: 147 (of 171)

Best time in course: 32:46

Rank in category: 19(of 19)

Best time in the category: 38:36