



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Lindemann, Uwe

Club: Neuhaus/Rwg

Number: 988

Course: 9.30 km

Kurze Strecke

Category:

Männer M50

Total time: 56:10

Speed: 9.61 km/h

Running performance: 6:02 min/km

Rank in course/Total: 200 (of 244)

Rank in course/Men: 150 (of 171)

Best time in course: 32:46

Rank in category: 11(of 15)

Best time in the category: 39:04