



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Steindorf, Karl-Heinz**

Club: Erfurt  
Number: 826

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M70

Total time: 57:54

Speed: 9.33 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 205 (of 244)

Rank in course/Men: 154 (of 171)

Best time in course: 32:46

Rank in category: 7(of 8)

Best time in the category: 41:21