



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Göldner, Manfred

Club: Hochsprung m. Musik

Number: 785

Course: 9.30 km

Kurze Strecke

Category:

Männer M70

Total time: 1:00:50

Speed: 8.88 km/h

Running performance: 6:32 min/km

Rank in course/Total: 216 (of 244)

Rank in course/Men: 161 (of 171)

Best time in course: 32:46

Rank in category: 8(of 8)

Best time in the category: 41:21