



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Kowalski, Oswald**

Club: Ilmenau

Number: 841

Course: 9.30 km

Kurze Strecke

Category:

Männer M55

Total time: 1:01:58

Speed: 8.71 km/h

Running performance: 6:40 min/km

Rank in course/Total: 224 (of 244)

Rank in course/Men: 163 (of 171)

Best time in course: 32:46

Rank in category: 14(of 14)

Best time in the category: 35:47