



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Riege, Alexander

Club: Power Fight Club, Ilmenau

Number: 819

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 1:04:02

Speed: 8.43 km/h

Running performance: 6:53 min/km

Rank in course/Total: 231 (of 244)

Rank in course/Men: 165 (of 171)

Best time in course: 32:46

Rank in category: 17(of 17)

Best time in the category: 35:06