



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Gräfe, Uwe

Club: Lage

Number: 786

Course: 9.30 km

Kurze Strecke

Category:

Männer M50

Total time: 1:05:12

Speed: 8.28 km/h

Running performance: 7:01 min/km

Rank in course/Total: 233 (of 244)

Rank in course/Men: 167 (of 171)

Best time in course: 32:46

Rank in category: 15(of 15)

Best time in the category: 39:04