



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Sievers, Kai**

Club: Sportteam-STEINBACH Meiningen

Number: 823

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 38:22

Speed: 14.07 km/h

Running performance: 4:08 min/km

Rank in course/Total: 24 (of 244)

Rank in course/Men: 23 (of 171)

Best time in course: 32:46

Rank in category: 6(of 17)

Best time in the category: 35:06