



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Senz, Stephan

Club: LSV Lok Arnstadt

Number: 555

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:10:16

Speed: 15.37 km/h

Running performance: 3:48 min/km

Rank in course/Total: 7 (of 158)

Rank in course/Men: 7 (of 131)

Best time in course: 1:06:39

Rank in category: 3(of 23)

Best time in the category: 1:07:20