



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Enders, Michael

Club: TriTeam Ilmenau/ TV Dresden

Number: 566

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:13:26

Speed: 15.12 km/h

Running performance: 3:58 min/km

Rank in course/Total: 12 (of 158)

Rank in course/Men: 11 (of 131)

Best time in course: 1:06:39

Rank in category: 4(of 23)

Best time in the category: 1:07:20