



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

Hempel, Karl

Club: Saalfeld

Number: 648

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:13:36

Speed: 14.67 km/h

Running performance: 3:59 min/km

Rank in course/Total: 13 (of 158)

Rank in course/Men: 12 (of 131)

Best time in course: 1:06:39

Rank in category: 5(of 23)

Best time in the category: 1:07:20