



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

Herrmann, Michael

Club: sc impuls

Number: 521

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:13:40

Speed: 14.66 km/h

Running performance: 3:59 min/km

Rank in course/Total: 14 (of 158)

Rank in course/Men: 13 (of 131)

Best time in course: 1:06:39

Rank in category: 1(of 17)

Best time in the category: 1:13:40