



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Jaeger, Frank**

Club: SV Sömmerda e.V.

Number: 526

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:15:38

Speed: 14.28 km/h

Running performance: 4:05 min/km

Rank in course/Total: 16 (of 158)

Rank in course/Men: 15 (of 131)

Best time in course: 1:06:39

Rank in category: 4(of 32)

Best time in the category: 1:12:10