



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Krause, Uwe**

Club: Alach

Number: 534

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:17:11

Speed: 13.99 km/h

Running performance: 4:10 min/km

Rank in course/Total: 22 (of 158)

Rank in course/Men: 21 (of 131)

Best time in course: 1:06:39

Rank in category: 5(of 32)

Best time in the category: 1:12:10