



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Ahrndt, Jörg

Club: Frauenwald

Number: 651

Course: 18.50 km

Lange Strecke

Category:

Männer M35

Total time: 1:17:45

Speed: 13.89 km/h

Running performance: 4:12 min/km

Rank in course/Total: 24 (of 158)

Rank in course/Men: 23 (of 131)

Best time in course: 1:06:39

Rank in category: 3(of 17)

Best time in the category: 1:07:30