



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Thalmann, Jörg

Club: DAV

Number: 595

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:18:45

Speed: 13.71 km/h

Running performance: 4:16 min/km

Rank in course/Total: 25 (of 158)

Rank in course/Men: 24 (of 131)

Best time in course: 1:06:39

Rank in category: 6(of 32)

Best time in the category: 1:12:10