



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Helmich, Robert

Club: SRL Arnstadt Sportclub e.V.

Number: 520

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:19:16

Speed: 13.62 km/h

Running performance: 4:17 min/km

Rank in course/Total: 27 (of 158)

Rank in course/Men: 26 (of 131)

Best time in course: 1:06:39

Rank in category: 7(of 23)

Best time in the category: 1:07:20