



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Winkler, Heinz-Jörg**

Club: Nofretete e.V.

Number: 602

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:19:34

Speed: 13.57 km/h

Running performance: 4:18 min/km

Rank in course/Total: 28 (of 158)

Rank in course/Men: 27 (of 131)

Best time in course: 1:06:39

Rank in category: 4(of 17)

Best time in the category: 1:13:40