



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Malzahn, Kai

Club: RTV Haselgrund e.V.

Number: 584

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:21:56

Speed: 13.55 km/h

Running performance: 4:26 min/km

Rank in course/Total: 35 (of 158)

Rank in course/Men: 33 (of 131)

Best time in course: 1:06:39

Rank in category: 4(of 9)

Best time in the category: 1:06:39