



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Boller, Frank

Club: RTV Haselgrund e.V.

Number: 563

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:22:32

Speed: 13.09 km/h

Running performance: 4:28 min/km

Rank in course/Total: 36 (of 158)

Rank in course/Men: 34 (of 131)

Best time in course: 1:06:39

Rank in category: 9(of 32)

Best time in the category: 1:12:10