



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Dr.Beitat, Harald

Club: Schleswig

Number: 605

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:22:49

Speed: 13.04 km/h

Running performance: 4:29 min/km

Rank in course/Total: 38 (of 158)

Rank in course/Men: 36 (of 131)

Best time in course: 1:06:39

Rank in category: 5(of 17)

Best time in the category: 1:13:40