



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Höllein, Volker

Club: Steinach

Number: 698

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:23:08

Speed: 12.99 km/h

Running performance: 4:29 min/km

Rank in course/Total: 42 (of 158)

Rank in course/Men: 40 (of 131)

Best time in course: 1:06:39

Rank in category: 5(of 18)

Best time in the category: 1:09:28