



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Forster, Mario**

Club: SV Amberg

Number: 569

Course: 18.50 km

Lange Strecke

Category:

Männer M35

Total time: 1:24:41

Speed: 12.75 km/h

Running performance: 4:35 min/km

Rank in course/Total: 49 (of 158)

Rank in course/Men: 46 (of 131)

Best time in course: 1:06:39

Rank in category: 8(of 17)

Best time in the category: 1:07:30