



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

Frankenberg, Holm

Club: TC Suhl

Number: 855

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 39:17

Speed: 13.75 km/h

Running performance: 4:13 min/km

Rank in course/Total: 31 (of 244)

Rank in course/Men: 29 (of 171)

Best time in course: 32:46

Rank in category: 5(of 27)

Best time in the category: 34:04