



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Oppenhäuser, Andreas

Club: Laufftreff Arnstadt

Number: 542

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:27:13

Speed: 12.38 km/h

Running performance: 4:43 min/km

Rank in course/Total: 58 (of 158)

Rank in course/Men: 53 (of 131)

Best time in course: 1:06:39

Rank in category: 14(of 32)

Best time in the category: 1:12:10