



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

Ungelenk, Bernd

Club: Wandersleben

Number: 649

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:27:18

Speed: 12.37 km/h

Running performance: 4:43 min/km

Rank in course/Total: 59 (of 158)

Rank in course/Men: 54 (of 131)

Best time in course: 1:06:39

Rank in category: 15(of 32)

Best time in the category: 1:12:10