



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Sachs, Frank

Club: Ilmenau

Number: 590

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:27:26

Speed: 12.35 km/h

Running performance: 4:44 min/km

Rank in course/Total: 60 (of 158)

Rank in course/Men: 55 (of 131)

Best time in course: 1:06:39

Rank in category: 16(of 32)

Best time in the category: 1:12:10