



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Schäfer, Christoph

Club: TSV 1899 Heyda

Number: 697

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:28:04

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 64 (of 158)

Rank in course/Men: 59 (of 131)

Best time in course: 1:06:39

Rank in category: 12(of 23)

Best time in the category: 1:07:20