



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Goymann, Uwe

Club: Lauftreff Plaue

Number: 516

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:29:39

Speed: 12.05 km/h

Running performance: 4:51 min/km

Rank in course/Total: 70 (of 158)

Rank in course/Men: 65 (of 131)

Best time in course: 1:06:39

Rank in category: 18(of 32)

Best time in the category: 1:12:10