



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Jöck, Ralf**

Club: Gutsmuts Rennsteiglaufverein

Number: 670

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:30:05

Speed: 11.99 km/h

Running performance: 4:52 min/km

Rank in course/Total: 74 (of 158)

Rank in course/Men: 68 (of 131)

Best time in course: 1:06:39

Rank in category: 9(of 17)

Best time in the category: 1:13:40