



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt

Number: 731

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 39:28

Speed: 13.68 km/h

Running performance: 4:14 min/km

Rank in course/Total: 34 (of 244)

Rank in course/Men: 32 (of 171)

Best time in course: 32:46

Rank in category: 8(of 27)

Best time in the category: 34:04