



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Nickel, Mario

Club: Sangerhausen

Number: 585

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:30:41

Speed: 11.91 km/h

Running performance: 4:54 min/km

Rank in course/Total: 78 (of 158)

Rank in course/Men: 72 (of 131)

Best time in course: 1:06:39

Rank in category: 10(of 18)

Best time in the category: 1:09:28