



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Schmidt, Ingo

Club: TSV 1880 Elgersburg

Number: 549

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:31:25

Speed: 11.81 km/h

Running performance: 4:56 min/km

Rank in course/Total: 83 (of 158)

Rank in course/Men: 77 (of 131)

Best time in course: 1:06:39

Rank in category: 22(of 32)

Best time in the category: 1:12:10