



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Freyer, Marcus

Club: Kath. Laufjugend Arnstadt

Number: 513

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:31:56

Speed: 11.75 km/h

Running performance: 4:58 min/km

Rank in course/Total: 84 (of 158)

Rank in course/Men: 78 (of 131)

Best time in course: 1:06:39

Rank in category: 15(of 23)

Best time in the category: 1:07:20