



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt

Number: 533

Course: 18.50 km

Lange Strecke

Category:

Männer M60

Total time: 1:32:40

Speed: 11.65 km/h

Running performance: 5:01 min/km

Rank in course/Total: 89 (of 158)

Rank in course/Men: 82 (of 131)

Best time in course: 1:06:39

Rank in category: 4(of 6)

Best time in the category: 1:23:06