



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Keß, Siegfried

Club: TSV Rannungen

Number: 580

Course: 18.50 km

Lange Strecke

Category:

Männer M65

Total time: 1:32:48

Speed: 11.64 km/h

Running performance: 5:01 min/km

Rank in course/Total: 90 (of 158)

Rank in course/Men: 83 (of 131)

Best time in course: 1:06:39

Rank in category: 1(of 3)

Best time in the category: 1:32:48