



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Fölsche, Volker

Club: WSV Ilmenau

Number: 512

Course: 18.50 km

Lange Strecke

Category:

Männer M55

Total time: 1:33:39

Speed: 11.53 km/h

Running performance: 5:04 min/km

Rank in course/Total: 94 (of 158)

Rank in course/Men: 87 (of 131)

Best time in course: 1:06:39

Rank in category: 3(of 5)

Best time in the category: 1:25:47