



## 6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Hahnemann, Norbert**

Club: SG Motor Arnstadt

Number: 517

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:34:53

Speed: 11.38 km/h

Running performance: 5:08 min/km

Rank in course/Total: 100 (of 158)

Rank in course/Men: 91 (of 131)

Best time in course: 1:06:39

Rank in category: 13(of 17)

Best time in the category: 1:13:40