



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Lipfert, Robby

Club: Ilmenau

Number: 583

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:35:14

Speed: 11.34 km/h

Running performance: 5:09 min/km

Rank in course/Total: 101 (of 158)

Rank in course/Men: 92 (of 131)

Best time in course: 1:06:39

Rank in category: 25(of 32)

Best time in the category: 1:12:10