



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Esche, Karsten**

Club: LSV Lok Arnstadt

Number: 507

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:36:11

Speed: 11.23 km/h

Running performance: 5:12 min/km

Rank in course/Total: 104 (of 158)

Rank in course/Men: 95 (of 131)

Best time in course: 1:06:39

Rank in category: 27(of 32)

Best time in the category: 1:12:10