



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Freitag, Patrick

Club: Miltenberg

Number: 676

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:36:16

Speed: 11.22 km/h

Running performance: 5:12 min/km

Rank in course/Total: 105 (of 158)

Rank in course/Men: 96 (of 131)

Best time in course: 1:06:39

Rank in category: 19(of 23)

Best time in the category: 1:07:20