



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Wagner, Ringo**

Club: Benzhausen

Number: 696

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:36:27

Speed: 11.20 km/h

Running performance: 5:13 min/km

Rank in course/Total: 106 (of 158)

Rank in course/Men: 97 (of 131)

Best time in course: 1:06:39

Rank in category: 6(of 9)

Best time in the category: 1:06:39