



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Berwing, Dieter**

Club: SV TU Ilmenau

Number: 504

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:36:47

Speed: 11.16 km/h

Running performance: 5:14 min/km

Rank in course/Total: 108 (of 158)

Rank in course/Men: 98 (of 131)

Best time in course: 1:06:39

Rank in category: 28(of 32)

Best time in the category: 1:12:10