



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Pniok, Martin

Club: SRL Arnstadt Sportclub e.V.

Number: 587

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:37:08

Speed: 11.12 km/h

Running performance: 5:15 min/km

Rank in course/Total: 109 (of 158)

Rank in course/Men: 99 (of 131)

Best time in course: 1:06:39

Rank in category: 20(of 23)

Best time in the category: 1:07:20