



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Wahl, Immo

Club: Sportfreunde Thüringer Wald

Number: 599

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:38:30

Speed: 10.96 km/h

Running performance: 5:19 min/km

Rank in course/Total: 112 (of 158)

Rank in course/Men: 101 (of 131)

Best time in course: 1:06:39

Rank in category: 7(of 9)

Best time in the category: 1:06:39