



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Albrecht, Arne

Club: GMRLV

Number: 680

Course: 18.50 km

Lange Strecke

Category:

Männer M45

Total time: 1:39:30

Speed: 10.85 km/h

Running performance: 5:23 min/km

Rank in course/Total: 116 (of 158)

Rank in course/Men: 105 (of 131)

Best time in course: 1:06:39

Rank in category: 29(of 32)

Best time in the category: 1:12:10