



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Pölz, Andreas

Club: Nürnberg

Number: 543

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:40:14

Speed: 10.77 km/h

Running performance: 5:25 min/km

Rank in course/Total: 118 (of 158)

Rank in course/Men: 107 (of 131)

Best time in course: 1:06:39

Rank in category: 8(of 9)

Best time in the category: 1:06:39