



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Heise, Ralf

Club: Erfurt
Number: 689

Course: 18.50 km
Lange Strecke

Category:
Männer M30

Total time: 1:42:06

Speed: 10.58 km/h
Running performance: 5:31 min/km

Rank in course/Total: 122 (of 158)

Rank in course/Men: 110 (of 131)

Best time in course: 1:06:39

Rank in category: 9(of 9)

Best time in the category: 1:06:39