



## 6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

#### Spantig, Thomas

Club: Spitzensalat des WSV Ilmenau  
Number: 875

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 40:09

Speed: 13.45 km/h

Running performance: 4:19 min/km

Rank in course/Total: 39 (of 244)

Rank in course/Men: 37 (of 171)

Best time in course: 32:46

Rank in category: 10(of 27)

Best time in the category: 34:04