



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Arnold, Ekkehard**

Club: Arnstadt

Number: 671

Course: 18.50 km

Lange Strecke

Category:

Männer M55

Total time: 1:42:07

Speed: 10.58 km/h

Running performance: 5:31 min/km

Rank in course/Total: 123 (of 158)

Rank in course/Men: 111 (of 131)

Best time in course: 1:06:39

Rank in category: 4(of 5)

Best time in the category: 1:25:47