



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

Hachenberger, Frank

Club: Au / Hallertau

Number: 572

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:45:28

Speed: 10.24 km/h

Running performance: 5:42 min/km

Rank in course/Total: 127 (of 158)

Rank in course/Men: 113 (of 131)

Best time in course: 1:06:39

Rank in category: 13(of 18)

Best time in the category: 1:09:28