



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Harder, Matthias**

Club: Laufftreff Hohenstedter Holz

Number: 575

Course: 18.50 km

Lange Strecke

Category:

Männer M50

Total time: 1:45:54

Speed: 10.20 km/h

Running performance: 5:43 min/km

Rank in course/Total: 128 (of 158)

Rank in course/Men: 114 (of 131)

Best time in course: 1:06:39

Rank in category: 16(of 17)

Best time in the category: 1:13:40