



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Stark, Ralf

Club: Arnstadt

Number: 635

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:46:34

Speed: 10.13 km/h

Running performance: 5:46 min/km

Rank in course/Total: 130 (of 158)

Rank in course/Men: 116 (of 131)

Best time in course: 1:06:39

Rank in category: 14(of 18)

Best time in the category: 1:09:28