



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Lauterbach, Ulrich

Club: Erfurt
Number: 536

Course: 18.50 km
Lange Strecke

Category:
Männer M45

Total time: 1:46:36

Speed: 10.13 km/h
Running performance: 5:46 min/km

Rank in course/Total: 131 (of 158)

Rank in course/Men: 117 (of 131)

Best time in course: 1:06:39

Rank in category: 32(of 32)

Best time in the category: 1:12:10