



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Herzer, Heiko

Club: Arnstadt

Number: 577

Course: 18.50 km

Lange Strecke

Category:

Männer M35

Total time: 1:48:46

Speed: 9.93 km/h

Running performance: 5:53 min/km

Rank in course/Total: 140 (of 158)

Rank in course/Men: 121 (of 131)

Best time in course: 1:06:39

Rank in category: 16(of 17)

Best time in the category: 1:07:30