



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Gohritz, Ralf

Club: Manebach

Number: 682

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:49:03

Speed: 9.90 km/h

Running performance: 5:53 min/km

Rank in course/Total: 141 (of 158)

Rank in course/Men: 122 (of 131)

Best time in course: 1:06:39

Rank in category: 16(of 18)

Best time in the category: 1:09:28