



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 755

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 41:27

Speed: 13.03 km/h

Running performance: 4:28 min/km

Rank in course/Total: 47 (of 244)

Rank in course/Men: 44 (of 171)

Best time in course: 32:46

Rank in category: 3(of 19)

Best time in the category: 38:36