



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Jaraus, Hagen

Club: Energie Erfurt 97

Number: 795

Course: 9.30 km

Kurze Strecke

Category:

Männer M35

Total time: 43:11

Speed: 12.50 km/h

Running performance: 4:38 min/km

Rank in course/Total: 58 (of 244)

Rank in course/Men: 54 (of 171)

Best time in course: 32:46

Rank in category: 10(of 20)

Best time in the category: 35:43