



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Jeziorski, Andree

Club: Erfurt
Number: 922

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 43:19

Speed: 12.47 km/h
Running performance: 4:40 min/km

Rank in course/Total: 59 (of 244)

Rank in course/Men: 55 (of 171)

Best time in course: 32:46

Rank in category: 5(of 19)

Best time in the category: 38:36