



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Gräf, Thomas

Club: Kaltensundheim

Number: 919

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 43:54

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 64 (of 244)

Rank in course/Men: 60 (of 171)

Best time in course: 32:46

Rank in category: 7(of 19)

Best time in the category: 38:36