



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Richert, Mirko

Club: Erfurt

Number: 751

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 44:28

Speed: 12.14 km/h

Running performance: 4:47 min/km

Rank in course/Total: 68 (of 244)

Rank in course/Men: 62 (of 171)

Best time in course: 32:46

Rank in category: 8(of 17)

Best time in the category: 35:06