



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Kuhn, Jens

Club: Rennsteiglaufverein

Number: 734

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 44:32

Speed: 12.13 km/h

Running performance: 4:47 min/km

Rank in course/Total: 69 (of 244)

Rank in course/Men: 63 (of 171)

Best time in course: 32:46

Rank in category: 9(of 19)

Best time in the category: 38:36