



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Hiller, Manfred

Club: Suhl

Number: 844

Course: 9.30 km

Kurze Strecke

Category:

Männer M55

Total time: 45:05

Speed: 11.98 km/h

Running performance: 4:51 min/km

Rank in course/Total: 74 (of 244)

Rank in course/Men: 65 (of 171)

Best time in course: 32:46

Rank in category: 4(of 14)

Best time in the category: 35:47