



## 6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

Schäfer, Thomas

Club: Heyda

Number: 942

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 45:07

Speed: 11.97 km/h

Running performance: 4:51 min/km

Rank in course/Total: 75 (of 244)

Rank in course/Men: 66 (of 171)

Best time in course: 32:46

Rank in category: 10(of 19)

Best time in the category: 38:36