



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Königsmann, Sebastian

Club: Ilmenau

Number: 940

Course: 9.30 km

Kurze Strecke

Category:

Männer M20

Total time: 45:10

Speed: 11.96 km/h

Running performance: 4:52 min/km

Rank in course/Total: 76 (of 244)

Rank in course/Men: 67 (of 171)

Best time in course: 32:46

Rank in category: 10(of 14)

Best time in the category: 32:46