



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

keppler, bernd

Club: Team 1434 Weißensee

Number: 730

Course: 9.30 km

Kurze Strecke

Category:

Männer M55

Total time: 45:34

Speed: 11.85 km/h

Running performance: 4:54 min/km

Rank in course/Total: 80 (of 244)

Rank in course/Men: 71 (of 171)

Best time in course: 32:46

Rank in category: 5(of 14)

Best time in the category: 35:47