



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Lehmann, Stefan**

Club: Ilmenau

Number: 804

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 45:35

Speed: 11.85 km/h

Running performance: 4:54 min/km

Rank in course/Total: 81 (of 244)

Rank in course/Men: 72 (of 171)

Best time in course: 32:46

Rank in category: 9(of 17)

Best time in the category: 35:06