



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Krannich, Steffen

Club: Altenfeld

Number: 923

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 45:44

Speed: 11.81 km/h

Running performance: 4:55 min/km

Rank in course/Total: 85 (of 244)

Rank in course/Men: 76 (of 171)

Best time in course: 32:46

Rank in category: 13(of 27)

Best time in the category: 34:04