



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Steinbach, Maik

Club: Sportteam-STEINBACH Meiningen

Number: 825

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 45:46

Speed: 11.80 km/h

Running performance: 4:55 min/km

Rank in course/Total: 86 (of 244)

Rank in course/Men: 77 (of 171)

Best time in course: 32:46

Rank in category: 11(of 17)

Best time in the category: 35:06