



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Dehmel, Gerhard**

Club: ThWV Ilmenau

Number: 709

Course: 9.30 km

Kurze Strecke

Category:

Männer M65

Total time: 46:58

Speed: 11.50 km/h

Running performance: 5:03 min/km

Rank in course/Total: 96 (of 244)

Rank in course/Men: 84 (of 171)

Best time in course: 32:46

Rank in category: 4(of 10)

Best time in the category: 40:43