



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Förster, Jörn

Club: Martinroda
Number: 380

Course: 9.30 km
Kurze Strecke

Category:
Männer M30

Total time: 50:33

Speed: 10.68 km/h
Running performance: 5:26 min/km

Rank in course/Total: 110 (of 190)

Rank in course/Men: 94 (of 137)

Best time in course: 30:56

Rank in category: 7(of 9)

Best time in the category: 35:30