



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Herrling, Kai

Club: Elxleben

Number: 360

Course: 9.30 km

Kurze Strecke

Category:

Männer M30

Total time: 51:10

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 116 (of 190)

Rank in course/Men: 100 (of 137)

Best time in course: 30:56

Rank in category: 8(of 9)

Best time in the category: 35:30