



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Steinbach, Maik**

Club: Sportteam Steinbach  
Number: 449

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M30

Total time: 52:36

Speed: 10.27 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 127 (of 190)

Rank in course/Men: 107 (of 137)

Best time in course: 30:56

Rank in category: 9(of 9)

Best time in the category: 35:30