



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

König, Harald

Club: Rennsteiglaufverein
Number: 329

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 53:13

Speed: 10.49 km/h
Running performance: 5:43 min/km

Rank in course/Total: 138 (of 190)

Rank in course/Men: 114 (of 137)

Best time in course: 30:56

Rank in category: 19(of 24)

Best time in the category: 33:07