



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Lorenz-Dietz, Frank

Club: Vaihingen

Number: 339

Course: 9.30 km

Kurze Strecke

Category:

Männer M35

Total time: 54:15

Speed: 9.95 km/h

Running performance: 5:50 min/km

Rank in course/Total: 145 (of 190)

Rank in course/Men: 118 (of 137)

Best time in course: 30:56

Rank in category: 10(of 12)

Best time in the category: 34:14