



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Nickel, Manfred

Club: Sangerhausen  
Number: 266

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M60

Total time: 54:58

Speed: 9.82 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 149 (of 190)

Rank in course/Men: 121 (of 137)

Best time in course: 30:56

Rank in category: 7(of 9)

Best time in the category: 40:23