



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Dömmecke, Andreas

Club: Köln

Number: 316

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 55:43

Speed: 9.69 km/h

Running performance: 5:59 min/km

Rank in course/Total: 151 (of 190)

Rank in course/Men: 123 (of 137)

Best time in course: 30:56

Rank in category: 10(of 12)

Best time in the category: 39:56