



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Kirpal, Thomas**

Club: Mühlacker  
Number: 343

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M35

Total time: 55:50

Speed: 9.67 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 152 (of 190)

Rank in course/Men: 124 (of 137)

Best time in course: 30:56

Rank in category: 11(of 12)

Best time in the category: 34:14