



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Krause, Steffen

Club: Sportteam-STEINBACH Meiningen  
Number: 250

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 38:28

Speed: 14.04 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 16 (of 190)

Rank in course/Men: 15 (of 137)

Best time in course: 30:56

Rank in category: 2(of 24)

Best time in the category: 33:07