



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Lindstädt, Mario

Club: Arnstadt
Number: 319

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 57:01

Speed: 9.47 km/h
Running performance: 6:08 min/km

Rank in course/Total: 161 (of 190)

Rank in course/Men: 129 (of 137)

Best time in course: 30:56

Rank in category: 11(of 12)

Best time in the category: 39:56