



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Sievers, Kai**

Club: Sportteam STEINBACH Meiningen  
Number: 374

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M30

Total time: 38:59

Speed: 13.85 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 18 (of 190)

Rank in course/Men: 17 (of 137)

Best time in course: 30:56

Rank in category: 3(of 9)

Best time in the category: 35:30