



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Anneessens, Frank

Club: Manebach

Number: 201

Course: 9.30 km

Kurze Strecke

Category:

Männer M40

Total time: 1:03:29

Speed: 8.79 km/h

Running performance: 6:50 min/km

Rank in course/Total: 180 (of 190)

Rank in course/Men: 135 (of 137)

Best time in course: 30:56

Rank in category: 24(of 24)

Best time in the category: 33:07