



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Senz, Stefan**

Club: LSV Lok Arnstadt  
Number: 70

Course: 18.50 km  
Lange Strecke

Category:  
Männer M20

Total time: 1:12:47

Speed: 14.84 km/h  
Running performance: 3:56 min/km

Rank in course/Total: 13 (of 126)

Rank in course/Men: 13 (of 109)

Best time in course: 1:04:23

Rank in category: 9(of 27)

Best time in the category: 1:04:23