



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Schrader, Bernd**

Club: PSV Meiningen

Number: 123

Course: 18.50 km

Lange Strecke

Category:

Männer M40

Total time: 1:13:28

Speed: 14.70 km/h

Running performance: 3:58 min/km

Rank in course/Total: 14 (of 126)

Rank in course/Men: 14 (of 109)

Best time in course: 1:04:23

Rank in category: 1(of 15)

Best time in the category: 1:13:28