



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha  
Number: 110

Course: 18.50 km  
Lange Strecke

Category:  
Männer M40

Total time: 1:18:23

Speed: 13.78 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 23 (of 126)

Rank in course/Men: 22 (of 109)

Best time in course: 1:04:23

Rank in category: 3(of 15)

Best time in the category: 1:13:28