



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Helmich, Robert

Club: SRL Arnstadt  
Number: 115

Course: 18.50 km  
Lange Strecke

Category:  
Männer M20

Total time: 1:21:08

Speed: 13.68 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 30 (of 126)

Rank in course/Men: 29 (of 109)

Best time in course: 1:04:23

Rank in category: 13(of 27)

Best time in the category: 1:04:23