



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Krause, Uwe

Club: Alach  
Number: 41

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:21:35

Speed: 13.24 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 32 (of 126)

Rank in course/Men: 31 (of 109)

Best time in course: 1:04:23

Rank in category: 3(of 16)

Best time in the category: 1:16:26