



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Oppenhäuser, Andreas

Club: Arnstadt  
Number: 53

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:22:14

Speed: 13.13 km/h  
Running performance: 4:27 min/km

Rank in course/Total: 34 (of 126)

Rank in course/Men: 32 (of 109)

Best time in course: 1:04:23

Rank in category: 4(of 16)

Best time in the category: 1:16:26