



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Enders, Michael

Club: LTV Erfurt

Number: 10

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:22:46

Speed: 13.05 km/h

Running performance: 4:28 min/km

Rank in course/Total: 35 (of 126)

Rank in course/Men: 33 (of 109)

Best time in course: 1:04:23

Rank in category: 15(of 27)

Best time in the category: 1:04:23