



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Kern, Paul

Club: TSV Rannungen  
Number: 90

Course: 18.50 km  
Lange Strecke

Category:  
Männer M40

Total time: 1:23:00

Speed: 13.01 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 36 (of 126)

Rank in course/Men: 34 (of 109)

Best time in course: 1:04:23

Rank in category: 4(of 15)

Best time in the category: 1:13:28