



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt
Number: 12

Course: 18.50 km
Lange Strecke

Category:
Männer M45

Total time: 1:23:39

Speed: 12.91 km/h
Running performance: 4:31 min/km

Rank in course/Total: 38 (of 126)

Rank in course/Men: 36 (of 109)

Best time in course: 1:04:23

Rank in category: 5(of 16)

Best time in the category: 1:16:26