



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Helbedel, Sven

Club: SK Latien

Number: 107

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:24:23

Speed: 12.80 km/h

Running performance: 4:34 min/km

Rank in course/Total: 39 (of 126)

Rank in course/Men: 37 (of 109)

Best time in course: 1:04:23

Rank in category: 7(of 18)

Best time in the category: 1:08:26