



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Adam, Wolfgang

Club: SC Impuls Erfurt  
Number: 95

Course: 18.50 km  
Lange Strecke

Category:  
Männer M40

Total time: 1:27:24

Speed: 12.36 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 47 (of 126)

Rank in course/Men: 45 (of 109)

Best time in course: 1:04:23

Rank in category: 7(of 15)

Best time in the category: 1:13:28