



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Schmid, Jörg

Club: Motor-Arnstadt, Laufen-aktuell  
Number: 62

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:27:43

Speed: 12.31 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 48 (of 126)

Rank in course/Men: 46 (of 109)

Best time in course: 1:04:23

Rank in category: 7(of 16)

Best time in the category: 1:16:26