



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt  
Number: 97

Course: 18.50 km  
Lange Strecke

Category:  
Männer M20

Total time: 1:27:54

Speed: 12.29 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 51 (of 126)

Rank in course/Men: 49 (of 109)

Best time in course: 1:04:23

Rank in category: 17(of 27)

Best time in the category: 1:04:23