



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Adapoe, Thomas

Club: adapoe Sport
Number: 322

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 39:56

Speed: 13.52 km/h
Running performance: 4:17 min/km

Rank in course/Total: 26 (of 190)

Rank in course/Men: 25 (of 137)

Best time in course: 30:56

Rank in category: 1(of 12)

Best time in the category: 39:56