



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Goymann, Uwe**

Club: Lauffreife Plaue  
Number: 15

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:28:33

Speed: 12.20 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 54 (of 126)

Rank in course/Men: 51 (of 109)

Best time in course: 1:04:23

Rank in category: 9(of 16)

Best time in the category: 1:16:26