



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Stonek, Christian

Club: Schwimmverein Arnstadt
Number: 179

Course: 18.50 km
Lange Strecke

Category:
Männer M30

Total time: 1:28:56

Speed: 12.14 km/h
Running performance: 4:49 min/km

Rank in course/Total: 55 (of 126)

Rank in course/Men: 52 (of 109)

Best time in course: 1:04:23

Rank in category: 9(of 18)

Best time in the category: 1:08:26