



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Rose, Jens

Club: DRK Arnstadt e.V.  
Number: 60

Course: 18.50 km  
Lange Strecke

Category:  
Männer M40

Total time: 1:30:31

Speed: 11.93 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 59 (of 126)

Rank in course/Men: 56 (of 109)

Best time in course: 1:04:23

Rank in category: 9(of 15)

Best time in the category: 1:13:28