



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt  
Number: 40

Course: 18.50 km  
Lange Strecke

Category:  
Männer M55

Total time: 1:30:45

Speed: 11.90 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 61 (of 126)

Rank in course/Men: 58 (of 109)

Best time in course: 1:04:23

Rank in category: 2(of 6)

Best time in the category: 1:29:42