



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Koch, Marco

Club: Belrieth

Number: 35

Course: 18.50 km

Lange Strecke

Category:

Männer M35

Total time: 1:31:31

Speed: 11.80 km/h

Running performance: 4:57 min/km

Rank in course/Total: 63 (of 126)

Rank in course/Men: 59 (of 109)

Best time in course: 1:04:23

Rank in category: 6(of 12)

Best time in the category: 1:07:38