



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Grunwald, Maxe**

Club: Katholische Laufjugend Arnstadt  
Number: 17

Course: 18.50 km  
Lange Strecke

Category:  
Männer M30

Total time: 1:31:53

Speed: 11.75 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 64 (of 126)

Rank in course/Men: 60 (of 109)

Best time in course: 1:04:23

Rank in category: 12(of 18)

Best time in the category: 1:08:26