



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Berndt, Roland**

Club: SV Erbkönig e. V.

Number: 2

Course: 18.50 km

Lange Strecke

Category:

Männer M55

Total time: 1:32:41

Speed: 11.65 km/h

Running performance: 5:01 min/km

Rank in course/Total: 70 (of 126)

Rank in course/Men: 66 (of 109)

Best time in course: 1:04:23

Rank in category: 3(of 6)

Best time in the category: 1:29:42