



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Pölz, Andreas**

Club: Nürnberg  
Number: 57

Course: 18.50 km  
Lange Strecke

Category:  
Männer M20

Total time: 1:33:58

Speed: 11.49 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 78 (of 126)

Rank in course/Men: 73 (of 109)

Best time in course: 1:04:23

Rank in category: 20(of 27)

Best time in the category: 1:04:23