



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Berwing, Dieter**

Club: SV TU Ilmenau  
Number: 499

Course: 18.50 km  
Lange Strecke

Category:  
Männer M45

Total time: 1:34:47

Speed: 11.39 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 83 (of 126)

Rank in course/Men: 78 (of 109)

Best time in course: 1:04:23

Rank in category: 11(of 16)

Best time in the category: 1:16:26