



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Fölsche, Volker

Club: WSV

Number: 81

Course: 18.50 km

Lange Strecke

Category:

Männer M55

Total time: 1:36:04

Speed: 11.24 km/h

Running performance: 5:11 min/km

Rank in course/Total: 87 (of 126)

Rank in course/Men: 81 (of 109)

Best time in course: 1:04:23

Rank in category: 4(of 6)

Best time in the category: 1:29:42