



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Luc, Ronny

Club: Langewiesen

Number: 92

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:42:15

Speed: 10.56 km/h

Running performance: 5:32 min/km

Rank in course/Total: 98 (of 126)

Rank in course/Men: 91 (of 109)

Best time in course: 1:04:23

Rank in category: 16(of 18)

Best time in the category: 1:08:26