



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Dr. Lämmlein, Cristoph

Club: Spiridon Frankfurt
Number: 86

Course: 18.50 km
Lange Strecke

Category:
Männer M50

Total time: 1:42:58

Speed: 10.49 km/h
Running performance: 5:34 min/km

Rank in course/Total: 99 (of 126)

Rank in course/Men: 92 (of 109)

Best time in course: 1:04:23

Rank in category: 8(of 11)

Best time in the category: 1:17:26