



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Selter, Uwe

Club: Waldbrunn
Number: 291

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 1:43:01

Speed: 5.24 km/h
Running performance: 11:05 min/km

Rank in course/Total: 190 (of 190)

Rank in course/Men: 137 (of 137)

Best time in course: 30:56

Rank in category: 12(of 12)

Best time in the category: 39:56