



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Herzer, Heiko

Club: Lok Arnstadt
Number: 24

Course: 18.50 km
Lange Strecke

Category:
Männer M35

Total time: 1:43:19

Speed: 10.45 km/h
Running performance: 5:35 min/km

Rank in course/Total: 101 (of 126)

Rank in course/Men: 94 (of 109)

Best time in course: 1:04:23

Rank in category: 10(of 12)

Best time in the category: 1:07:38