



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Lauterbach, Ulrich

Club: Erfurt
Number: 43

Course: 18.50 km
Lange Strecke

Category:
Männer M45

Total time: 1:43:55

Speed: 10.39 km/h
Running performance: 5:37 min/km

Rank in course/Total: 103 (of 126)

Rank in course/Men: 95 (of 109)

Best time in course: 1:04:23

Rank in category: 14(of 16)

Best time in the category: 1:16:26