



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Krause, Helmut

Club: Ilmenau  
Number: 128

Course: 18.50 km  
Lange Strecke

Category:  
Männer M55

Total time: 1:44:10

Speed: 10.37 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 104 (of 126)

Rank in course/Men: 96 (of 109)

Best time in course: 1:04:23

Rank in category: 5(of 6)

Best time in the category: 1:29:42