



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Schadwinkel, Andy

Club: GMRV Langewiesen  
Number: 283

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M35

Total time: 41:01

Speed: 13.17 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 32 (of 190)

Rank in course/Men: 31 (of 137)

Best time in course: 30:56

Rank in category: 4(of 12)

Best time in the category: 34:14