



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Raabe, Andreas**

Club: Motor Tambach-Dietharz  
Number: 98

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M45

Total time: 44:40

Speed: 12.09 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 53 (of 190)

Rank in course/Men: 49 (of 137)

Best time in course: 30:56

Rank in category: 3(of 12)

Best time in the category: 39:56