



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Raab, Rainer

Club: Laufftreff Plaue

Number: 341

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 45:02

Speed: 11.99 km/h

Running performance: 4:50 min/km

Rank in course/Total: 57 (of 190)

Rank in course/Men: 53 (of 137)

Best time in course: 30:56

Rank in category: 4(of 12)

Best time in the category: 39:56