



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Albrecht, Arne

Club: GMRL
Number: 381

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 45:22

Speed: 11.90 km/h
Running performance: 4:53 min/km

Rank in course/Total: 61 (of 190)

Rank in course/Men: 56 (of 137)

Best time in course: 30:56

Rank in category: 8(of 24)

Best time in the category: 33:07