



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Kämpfe, Jens**

Club: Skisportverein Erfurt 02  
Number: 330

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M60

Total time: 45:35

Speed: 11.85 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 64 (of 190)

Rank in course/Men: 57 (of 137)

Best time in course: 30:56

Rank in category: 2(of 9)

Best time in the category: 40:23