



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Grunert, Marcel**

Club: Ilmtal  
Number: 229

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M20

Total time: 46:08

Speed: 11.71 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 69 (of 190)

Rank in course/Men: 62 (of 137)

Best time in course: 30:56

Rank in category: 11(of 20)

Best time in the category: 30:56