



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Seidler, Bernd**

Club: Stadtilm  
Number: 289

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 46:27

Speed: 11.63 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 70 (of 190)

Rank in course/Men: 63 (of 137)

Best time in course: 30:56

Rank in category: 11(of 24)

Best time in the category: 33:07