



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Grimm, Heinz

Club: Oberpörlitz  
Number: 228

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M55

Total time: 46:32

Speed: 11.60 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 72 (of 190)

Rank in course/Men: 65 (of 137)

Best time in course: 30:56

Rank in category: 10(of 16)

Best time in the category: 33:59