



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Denke, Lutz

Club: Erfurt  
Number: 212

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M45

Total time: 46:36

Speed: 11.59 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 74 (of 190)

Rank in course/Men: 67 (of 137)

Best time in course: 30:56

Rank in category: 6(of 12)

Best time in the category: 39:56