



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Dr. Zegowitz, Gerhard

Club: Weimar

Number: 335

Course: 9.30 km

Kurze Strecke

Category:

Männer M45

Total time: 46:39

Speed: 11.58 km/h

Running performance: 5:01 min/km

Rank in course/Total: 75 (of 190)

Rank in course/Men: 68 (of 137)

Best time in course: 30:56

Rank in category: 7(of 12)

Best time in the category: 39:56