



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Dudeck, Harald

Club: LSV Lok Arnstadt  
Number: 214

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M60

Total time: 47:12

Speed: 11.44 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 77 (of 190)

Rank in course/Men: 70 (of 137)

Best time in course: 30:56

Rank in category: 3(of 9)

Best time in the category: 40:23