



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Koch, Siegfried

Club: SV Mihla
Number: 446

Course: 9.30 km
Kurze Strecke

Category:
Männer M55

Total time: 48:00

Speed: 11.25 km/h
Running performance: 5:10 min/km

Rank in course/Total: 85 (of 190)

Rank in course/Men: 75 (of 137)

Best time in course: 30:56

Rank in category: 11(of 16)

Best time in the category: 33:59