



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Günther, Jörg

Club: SV 90 Sangerhausen
Number: 230

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 48:09

Speed: 11.21 km/h
Running performance: 5:11 min/km

Rank in course/Total: 89 (of 190)

Rank in course/Men: 78 (of 137)

Best time in course: 30:56

Rank in category: 13(of 24)

Best time in the category: 33:07