



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Rühle, Olaf

Club: Wachsenburggem.  
Number: 371

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M50

Total time: 48:40

Speed: 11.10 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 94 (of 190)

Rank in course/Men: 83 (of 137)

Best time in course: 30:56

Rank in category: 5(of 9)

Best time in the category: 39:35