



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Knabe, Ingo

Club: Martinroda
Number: 248

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 49:06

Speed: 11.00 km/h
Running performance: 5:17 min/km

Rank in course/Total: 97 (of 190)

Rank in course/Men: 86 (of 137)

Best time in course: 30:56

Rank in category: 16(of 24)

Best time in the category: 33:07