



## 6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Sprenger, Silke**

Club: Saalfelder LV

Number: 859

Course: 9.30 km

Kurze Strecke

Category:

Frauen W30

Total time: 48:26

Speed: 11.15 km/h

Running performance: 5:13 min/km

Rank in course/Total: 115 (of 244)

Rank in course/Women: 16 (of 73)

Best time in course: 36:58

Rank in category: 2(of 7)

Best time in the category: 47:02