



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Heinemann, Dagmar**

Club: Meiningen

Number: 945

Course: 9.30 km

Kurze Strecke

Category:

Frauen W30

Total time: 49:19

Speed: 10.95 km/h

Running performance: 5:18 min/km

Rank in course/Total: 121 (of 244)

Rank in course/Women: 21 (of 73)

Best time in course: 36:58

Rank in category: 3(of 7)

Best time in the category: 47:02