



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Macholeth, Sylke

Club: Stützerbach

Number: 874

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 55:04

Speed: 9.81 km/h

Running performance: 5:55 min/km

Rank in course/Total: 189 (of 244)

Rank in course/Women: 46 (of 73)

Best time in course: 36:58

Rank in category: 9(of 12)

Best time in the category: 40:34