



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

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Raab, Marina**

Club: LSV Lok Arnstadt

Number: 750

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 55:29

Speed: 9.73 km/h

Running performance: 5:58 min/km

Rank in course/Total: 193 (of 244)

Rank in course/Women: 48 (of 73)

Best time in course: 36:58

Rank in category: 10(of 12)

Best time in the category: 40:34