



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Ziemke, Claudia

Club: Dream-Team-Ilmenau

Number: 604

Course: 18.50 km

Lange Strecke

Category:

Frauen W45

Total time: 1:24:49

Speed: 12.73 km/h

Running performance: 4:35 min/km

Rank in course/Total: 50 (of 158)

Rank in course/Women: 4 (of 27)

Best time in course: 1:13:05

Rank in category: 1(of 5)

Best time in the category: 1:24:49