



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Wolfram, Heidi

Club: SWV Goldlauter

Number: 673

Course: 18.50 km

Lange Strecke

Category:

Frauen W50

Total time: 1:32:15

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 85 (of 158)

Rank in course/Women: 7 (of 27)

Best time in course: 1:13:05

Rank in category: 1(of 2)

Best time in the category: 1:32:15