



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Kubis, Dagmar

Club: Gangloffsömmern

Number: 669

Course: 18.50 km

Lange Strecke

Category:

Frauen W45

Total time: 1:46:44

Speed: 10.12 km/h

Running performance: 5:46 min/km

Rank in course/Total: 133 (of 158)

Rank in course/Women: 16 (of 27)

Best time in course: 1:13:05

Rank in category: 2(of 5)

Best time in the category: 1:24:49