



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Schäfer, Karin

Club: TSV Rannungen

Number: 591

Course: 18.50 km

Lange Strecke

Category:

Frauen W45

Total time: 1:47:35

Speed: 10.04 km/h

Running performance: 5:49 min/km

Rank in course/Total: 136 (of 158)

Rank in course/Women: 18 (of 27)

Best time in course: 1:13:05

Rank in category: 3(of 5)

Best time in the category: 1:24:49