



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Krause, Romana

Club: Sportteam-STEINBACH Meiningen

Number: 800

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 40:34

Speed: 13.31 km/h

Running performance: 4:22 min/km

Rank in course/Total: 42 (of 244)

Rank in course/Women: 3 (of 73)

Best time in course: 36:58

Rank in category: 1(of 12)

Best time in the category: 40:34