



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 714

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 46:57

Speed: 11.50 km/h

Running performance: 5:03 min/km

Rank in course/Total: 95 (of 244)

Rank in course/Women: 12 (of 73)

Best time in course: 36:58

Rank in category: 5(of 12)

Best time in the category: 40:34