



6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

Detailed evaluation

Limpert, Ramona

Club: Bad Salzungen

Number: 904

Course: 9.30 km

Kurze Strecke

Category:

Frauen W30

Total time: 47:02

Speed: 11.48 km/h

Running performance: 5:04 min/km

Rank in course/Total: 97 (of 244)

Rank in course/Women: 13 (of 73)

Best time in course: 36:58

Rank in category: 1(of 7)

Best time in the category: 47:02