



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Münch, Birgit

Club: sc impuls

Number: 112

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 46:25

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 116 (of 286)

Rank in course/Women: 10 (of 77)

Best time in course: 35:49

Rank in category: 2(of 12)

Best time in the category: 40:30