



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Kubis, Dagmar

Club: sc impuls Erfurt

Number: 257

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 48:02

Speed: 11.24 km/h

Running performance: 5:10 min/km

Rank in course/Total: 130 (of 286)

Rank in course/Women: 16 (of 77)

Best time in course: 35:49

Rank in category: 5(of 12)

Best time in the category: 40:30