



## 7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Esche, Sonja**

Club: LSV Lok Arnstadt

Number: 24

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 49:23

Speed: 10.93 km/h

Running performance: 5:19 min/km

Rank in course/Total: 155 (of 286)

Rank in course/Women: 21 (of 77)

Best time in course: 35:49

Rank in category: 7(of 12)

Best time in the category: 40:30