



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Wenzel, Sabine**

Club: LSV Lok Arnstadt

Number: 183

Course: 9.30 km

Kurze Strecke

Category:

Frauen W40

Total time: 54:46

Speed: 9.86 km/h

Running performance: 5:53 min/km

Rank in course/Total: 226 (of 286)

Rank in course/Women: 43 (of 77)

Best time in course: 35:49

Rank in category: 9(of 18)

Best time in the category: 43:12