



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Kühn, Sabine

Club: TSG Delphin Arnstadt

Number: 222

Course: 9.30 km

Kurze Strecke

Category:

Frauen W40

Total time: 54:57

Speed: 9.83 km/h

Running performance: 5:55 min/km

Rank in course/Total: 230 (of 286)

Rank in course/Women: 45 (of 77)

Best time in course: 35:49

Rank in category: 10(of 18)

Best time in the category: 43:12