



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Knoblich, Petra**

Club: Arnstadt

Number: 455

Course: 18.50 km

Lange Strecke

Category:

Frauen W45

Total time: 1:24:09

Speed: 12.83 km/h

Running performance: 4:33 min/km

Rank in course/Total: 59 (of 158)

Rank in course/Women: 3 (of 21)

Best time in course: 1:18:48

Rank in category: 1(of 5)

Best time in the category: 1:24:09