



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Ebinger, Nadine**

Club: Ilmenau

Number: 318

Course: 18.50 km

Lange Strecke

Category:

Frauen W20

Total time: 1:34:15

Speed: 11.46 km/h

Running performance: 5:05 min/km

Rank in course/Total: 104 (of 158)

Rank in course/Women: 7 (of 21)

Best time in course: 1:18:48

Rank in category: 2(of 3)

Best time in the category: 1:31:31