



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Pense, Heike**

Club: Arnstadt

Number: 441

Course: 18.50 km

Lange Strecke

Category:

Frauen W45

Total time: 1:36:51

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 114 (of 158)

Rank in course/Women: 9 (of 21)

Best time in course: 1:18:48

Rank in category: 2(of 5)

Best time in the category: 1:24:09