



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Krause, Romana

Club: Sportteam STEINBACH

Number: 79

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 40:30

Speed: 13.33 km/h

Running performance: 4:21 min/km

Rank in course/Total: 46 (of 286)

Rank in course/Women: 3 (of 77)

Best time in course: 35:49

Rank in category: 1(of 12)

Best time in the category: 40:30