



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Ratzlow, Cordula

Club: Kath. Laufjugend

Number: 371

Course: 18.50 km

Lange Strecke

Category:

Frauen W45

Total time: 1:48:28

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 146 (of 158)

Rank in course/Women: 13 (of 21)

Best time in course: 1:18:48

Rank in category: 4(of 5)

Best time in the category: 1:24:09