



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Flock, Antje

Club: Gebesee

Number: 436

Course: 18.50 km

Lange Strecke

Category:

Frauen W40

Total time: 1:54:15

Speed: 9.72 km/h

Running performance: 6:11 min/km

Rank in course/Total: 150 (of 158)

Rank in course/Women: 16 (of 21)

Best time in course: 1:18:48

Rank in category: 6(of 8)

Best time in the category: 1:18:48