



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Wirsching, Ines

Club: Ilmenau

Number: 397

Course: 18.50 km

Lange Strecke

Category:

Frauen W45

Total time: 1:58:26

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 152 (of 158)

Rank in course/Women: 18 (of 21)

Best time in course: 1:18:48

Rank in category: 5(of 5)

Best time in the category: 1:24:09