



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt
Number: 110

Course: 9.30 km
Kurze Strecke

Category:
Frauen W45

Total time: 50:06

Speed: 10.78 km/h
Running performance: 5:23 min/km

Rank in course/Total: 169 (of 307)

Rank in course/Women: 25 (of 85)

Best time in course: 37:30

Rank in category: 5(of 13)

Best time in the category: 42:12