



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Abraham, Cornelia

Club: Medletik Laufteam
Number: 150

Course: 9.30 km
Kurze Strecke

Category:
Frauen W30

Total time: 55:45

Speed: 9.69 km/h
Running performance: 5:59 min/km

Rank in course/Total: 252 (of 307)

Rank in course/Women: 55 (of 85)

Best time in course: 37:30

Rank in category: 5(of 7)

Best time in the category: 51:03