



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Mittenzwey, Birgit

Club: sc impuls erfurt  
Number: 224

Course: 9.30 km  
Kurze Strecke

Category:  
Frauen W50

Total time: 58:13

Speed: 9.28 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 269 (of 307)

Rank in course/Women: 63 (of 85)

Best time in course: 37:30

Rank in category: 8(of 13)

Best time in the category: 46:41