



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Pahn, Ingrid

Club: Ganzheitliche Zahnarztpraxis Pahn
Number: 325

Course: 18.50 km
Lange Strecke

Category:
Frauen W45

Total time: 1:34:46

Speed: 11.71 km/h
Running performance: 5:07 min/km

Rank in course/Total: 94 (of 157)

Rank in course/Women: 5 (of 21)

Best time in course: 1:26:39

Rank in category: 3(of 8)

Best time in the category: 1:26:39