



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Pense, Heike

Club: Arnstadt
Number: 318

Course: 18.50 km
Lange Strecke

Category:
Frauen W45

Total time: 1:35:59

Speed: 11.25 km/h
Running performance: 5:11 min/km

Rank in course/Total: 95 (of 157)

Rank in course/Women: 6 (of 21)

Best time in course: 1:26:39

Rank in category: 4(of 8)

Best time in the category: 1:26:39