



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Limpert, Ramona

Club: Sportteam STEINBACH - Meiningen  
Number: 310

Course: 18.50 km  
Lange Strecke

Category:  
Frauen W30

Total time: 1:40:21

Speed: 10.76 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 117 (of 157)

Rank in course/Women: 8 (of 21)

Best time in course: 1:26:39

Rank in category: 1(of 4)

Best time in the category: 1:40:21