



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Spanaus, Ina

Club: Schleusingen
Number: 414

Course: 18.50 km
Lange Strecke

Category:
Frauen W45

Total time: 1:47:19

Speed: 10.06 km/h
Running performance: 5:48 min/km

Rank in course/Total: 132 (of 157)

Rank in course/Women: 12 (of 21)

Best time in course: 1:26:39

Rank in category: 6(of 8)

Best time in the category: 1:26:39