



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Treflich, Susanne

Club: Ichtshausen  
Number: 395

Course: 18.50 km  
Lange Strecke

Category:  
Frauen W30

Total time: 1:55:58

Speed: 9.31 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 150 (of 157)

Rank in course/Women: 18 (of 21)

Best time in course: 1:26:39

Rank in category: 4(of 4)

Best time in the category: 1:40:21