



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Lehmann, Annette

Club: Cross Triathlon Friedrichroda  
Number: 563

Course: 9.30 km  
Kurze Strecke

Category:  
Frauen W40

Total time: 42:12

Speed: 12.80 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 65 (of 307)

Rank in course/Women: 6 (of 85)

Best time in course: 37:30

Rank in category: 2(of 18)

Best time in the category: 41:08