



10.Ilmenauer Osterlauf \"Rund um die Talsperre Heyda\"

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Thiele, Gabi

Club: WSV Ilmenau

Number: 583

Course: 13.20 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:04

Speed: 11.13 km/h

Running performance: 5:19 min/km

Rank in course/Total: 101 (of 201)

Rank in course/Women: 7 (of 36)

Best time in course: 55:21

Rank in category: 3(of 10)

Best time in the category: 1:07:14