



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

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Lux, Corinna

Club: Wiegleben

Number: 491

Course: 13.20 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:13:22

Speed: 10.63 km/h

Running performance: 5:34 min/km

Rank in course/Total: 124 (of 201)

Rank in course/Women: 10 (of 36)

Best time in course: 55:21

Rank in category: 4(of 10)

Best time in the category: 1:07:14