



10. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Zelle, Monique

Club: Dream Team Ilmenau

Number: 556

Course: 13.20 km

Lange Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:18:20

Speed: 9.96 km/h

Running performance: 5:56 min/km

Rank in course/Total: 159 (of 201)

Rank in course/Women: 19 (of 36)

Best time in course: 55:21

Rank in category: 3 (of 4)

Best time in the category: 1:09:17