



10. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Planke, Heike

Club: Ilmenau

Number: 492

Course: 13.20 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:19:39

Speed: 9.79 km/h

Running performance: 6:02 min/km

Rank in course/Total: 167 (of 201)

Rank in course/Women: 20 (of 36)

Best time in course: 55:21

Rank in category: 6 (of 10)

Best time in the category: 1:07:14