



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

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Hillhof, Ute

Club: ASV Erfurt

Number: 494

Course: 13.20 km

Lange Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:27:58

Speed: 8.87 km/h

Running performance: 6:40 min/km

Rank in course/Total: 190 (of 201)

Rank in course/Women: 28 (of 36)

Best time in course: 55:21

Rank in category: 2(of 3)

Best time in the category: 1:10:07