



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Ludwig, Katrin

Club: Ilmenau

Number: 258

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:03

Speed: 8.99 km/h

Running performance: 6:28 min/km

Rank in course/Total: 341 (of 374)

Rank in course/Women: 86 (of 102)

Best time in course: 39:44

Rank in category: 25(of 30)

Best time in the category: 40:01