



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Ziemke, Claudia

Club: DreamTeam Ilmenau

Number: 442

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:26:02

Speed: 12.55 km/h

Running performance: 4:39 min/km

Rank in course/Total: 51 (of 157)

Rank in course/Women: 2 (of 19)

Best time in course: 1:14:34

Rank in category: 1(of 4)

Best time in the category: 1:26:02