



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Rudorfer, Carola

Club: Ilmenau

Number: 468

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:37:49

Speed: 11.04 km/h

Running performance: 5:17 min/km

Rank in course/Total: 106 (of 157)

Rank in course/Women: 7 (of 19)

Best time in course: 1:14:34

Rank in category: 3(of 8)

Best time in the category: 1:26:22