



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Thiem, Manuela

Club: Jena

Number: 427

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:49:10

Speed: 9.89 km/h

Running performance: 5:54 min/km

Rank in course/Total: 136 (of 157)

Rank in course/Women: 11 (of 19)

Best time in course: 1:14:34

Rank in category: 3(of 3)

Best time in the category: 1:14:34