



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

Ilmenau, Ortsteil Heyda / 19.04.2014

## Detailed evaluation

Ziegenruecker, Andrea

Club: Erfurt  
Number: 433

Course: 18.50 km  
Lange Strecke

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 2:00:23

Speed: 8.97 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 151 (of 157)

Rank in course/Women: 18 (of 19)

Best time in course: 1:14:34

Rank in category: 1(of 1)

Best time in the category: 2:00:23