



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

Ilmenau, Ortsteil Heyda / 19.04.2014

Detailed evaluation

Koennecke, Marion

Club: Magdeburg

Number: 392

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:07:10

Speed: 8.49 km/h

Running performance: 6:52 min/km

Rank in course/Total: 156 (of 157)

Rank in course/Women: 19 (of 19)

Best time in course: 1:14:34

Rank in category: 4(of 4)

Best time in the category: 1:26:02