



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Sieber-Held, Anke

Club: SSV Erfurt 02

Number: 309

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 55:30

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 339 (of 404)

Rank in course/Women: 60 (of 98)

Best time in course: 38:48

Rank in category: 12(of 21)

Best time in the category: 40:16