



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Flock, Antje

Club: Gebesee

Number: 366

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:51:54

Speed: 9.65 km/h

Running performance: 6:03 min/km

Rank in course/Total: 158 (of 168)

Rank in course/Women: 18 (of 22)

Best time in course: 1:18:16

Rank in category: 6(of 6)

Best time in the category: 1:33:21