



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Morgenroth, Sandra**

Club: SV Germania Ilmenau  
Number: 159

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 54:53

Speed: 9.84 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 188 (of 258)

Rank in course/Women: 46 (of 83)

Best time in course: 36:29

Rank in category: 8(of 14)

Best time in the category: 41:23