



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Elze, Alexandra

Club: Rennsteig Spirit
Number: 22

Course: 9.30 km
Kurze Strecke

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 55:09

Speed: 9.79 km/h
Running performance: 5:56 min/km

Rank in course/Total: 192 (of 258)

Rank in course/Women: 47 (of 83)

Best time in course: 36:29

Rank in category: 8(of 13)

Best time in the category: 48:11