



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Seckel, Silvia**

Club: Dreigleichen  
Number: 255

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 56:24

Speed: 9.57 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 200 (of 258)

Rank in course/Women: 51 (of 83)

Best time in course: 36:29

Rank in category: 3(of 7)

Best time in the category: 51:02