



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Zakrzewski-Heiter, Sylwia

Club: Cleebronn

Number: 169

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 41:05

Speed: 13.14 km/h

Running performance: 4:25 min/km

Rank in course/Total: 32 (of 258)

Rank in course/Women: 2 (of 83)

Best time in course: 36:29

Rank in category: 1(of 16)

Best time in the category: 41:05