



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Rudorfer, Carola

Club: Rennsteiglaufverein
Number: 431

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:27:05

Speed: 12.40 km/h
Running performance: 4:43 min/km

Rank in course/Total: 71 (of 189)

Rank in course/Women: 3 (of 34)

Best time in course: 1:15:42

Rank in category: 2(of 7)

Best time in the category: 1:26:14