



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Langraf, Ulrike

Club: Bad Kissingen  
Number: 226

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 41:23

Speed: 13.05 km/h  
Running performance: 4:27 min/km

Rank in course/Total: 36 (of 258)

Rank in course/Women: 4 (of 83)

Best time in course: 36:29

Rank in category: 1(of 14)

Best time in the category: 41:23