



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Ludwig, Ivette

Club: Schwabhausen

Number: 411

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:34:07

Speed: 11.48 km/h

Running performance: 5:05 min/km

Rank in course/Total: 107 (of 189)

Rank in course/Women: 9 (of 34)

Best time in course: 1:15:42

Rank in category: 1(of 3)

Best time in the category: 1:34:07