



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Flock, Antje

Club: Gebesee

Number: 365

Course: 18.50 km

Lange Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:41:27

Speed: 10.65 km/h

Running performance: 5:29 min/km

Rank in course/Total: 148 (of 189)

Rank in course/Women: 19 (of 34)

Best time in course: 1:15:42

Rank in category: 4(of 9)

Best time in the category: 1:34:24