



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Planke, Heike

Club: Ilmenau  
Number: 493

Course: 18.50 km  
Lange Strecke

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:46:19

Speed: 10.16 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 166 (of 189)

Rank in course/Women: 24 (of 34)

Best time in course: 1:15:42

Rank in category: 5(of 9)

Best time in the category: 1:34:24