



13. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Spanaus, Ina

Club: Schleusingen
Number: 476

Course: 18.50 km
Lange Strecke

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:59:02

Speed: 9.07 km/h
Running performance: 6:26 min/km

Rank in course/Total: 186 (of 189)

Rank in course/Women: 32 (of 34)

Best time in course: 1:15:42

Rank in category: 7(of 7)

Best time in the category: 1:26:14