



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Ahrndt, Bianca

Club: LG Frauenwald  
Number: 536

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 48:43

Speed: 11.08 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 133 (of 325)

Rank in course/Women: 13 (of 108)

Best time in course: 36:10

Rank in category: 4(of 12)

Best time in the category: 40:55