



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

**SIERING, Luise**

Club: Nürnberg  
Number: 145

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 58:57

Speed: 9.16 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 270 (of 325)

Rank in course/Women: 73 (of 108)

Best time in course: 36:10

Rank in category: 9(of 14)

Best time in the category: 36:10