



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

RÜDIGER, Astrid

Club: Geraberg
Number: 432

Course: 9.30 km
Kurze Strecke

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:06:30

Speed: 8.39 km/h
Running performance: 7:09 min/km

Rank in course/Total: 260 (of 277)

Rank in course/Women: 78 (of 89)

Best time in course: 40:59

Rank in category: 9(of 10)

Best time in the category: 48:21