



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

**Kraus, Katja**

Club: Manebach

Number: 111

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 54:41

Speed: 9.88 km/h

Running performance: 5:53 min/km

Rank in course/Total: 197 (of 321)

Rank in course/Women: 53 (of 132)

Best time in course: 40:10

Rank in category: 4(of 10)

Best time in the category: 40:56