



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Menge, Siegrid

Club: Walschberg Runners  
Number: 263

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W60 (60-64 Jahre)

Total time: 1:03:24

Speed: 8.52 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 275 (of 321)

Rank in course/Women: 99 (of 132)

Best time in course: 40:10

Rank in category: 2(of 4)

Best time in the category: 46:32