



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Dallgas, Susen

Club: Erfurt
Number: 300

Course: 9.30 km
Kurze Strecke

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:03:45

Speed: 8.47 km/h
Running performance: 6:51 min/km

Rank in course/Total: 281 (of 321)
Rank in course/Women: 105 (of 132)
Best time in course: 40:10

Rank in category: 11(of 17)
Best time in the category: 44:55