



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

**Salzmann, Susanne**

Club: LTV Erfurt  
Number: 279

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 40:56

Speed: 13.19 km/h  
Running performance: 4:24 min/km

Rank in course/Total: 30 (of 321)  
Rank in course/Women: 2 (of 132)  
Best time in course: 40:10

Rank in category: 1(of 10)  
Best time in the category: 40:56