



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Pokahr, Viola

Club: wutha-farnroda

Number: 322

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:26:18

Speed: 6.47 km/h

Running performance: 9:17 min/km

Rank in course/Total: 320 (of 321)

Rank in course/Women: 131 (of 132)

Best time in course: 40:10

Rank in category: 8(of 8)

Best time in the category: 50:06