



17. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

**Gries, Vanessa**

Club: Ahrensburg  
Number: 50

Course: 9.50 km  
Kurze Strecke

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:09:29

Speed: 7.77 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 180 (of 186)

Rank in course/Women: 61 (of 63)

Best time in course: 38:23

Rank in category: 8(of 8)

Best time in the category: 38:23