



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Heusing, Nicole

Number: 88

Course: 9.50 km

Kurze Strecke

Category:

Seniorinnen W30 (30-34)

Total time: 53:40

Speed: 10.06 km/h

Running performance: 5:39 min/km

Rank in course/Total: 144 (of 248)

Rank in course/Women: 34 (of 96)

Best time in course: 40:45

Rank in category: 3(of 8)

Best time in the category: 50:50