



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Heinemann, Stephanie

Number: 76

Course: 9.50 km  
Kurze Strecke

Category:  
Seniorinnen W35 (35-39)

Total time: 54:30

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 152 (of 248)

Rank in course/Women: 38 (of 96)

Best time in course: 40:45

Rank in category: 7(of 18)

Best time in the category: 44:19