



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Freitag, Stefanie

Club: Freitags Family  
Number: 50

Course: 9.50 km  
Kurze Strecke

Category:  
Seniorinnen W50 (50-54)

Total time: 56:40

Speed: 9.53 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 169 (of 248)

Rank in course/Women: 46 (of 96)

Best time in course: 40:45

Rank in category: 5(of 11)

Best time in the category: 49:37