



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Franzke, Iris

Number: 48

Course: 9.50 km
Kurze Strecke

Category:
Seniorinnen W55 (55-59)

Total time: 57:06

Speed: 9.46 km/h

Running performance: 6:01 min/km

Rank in course/Total: 173 (of 248)

Rank in course/Women: 49 (of 96)

Best time in course: 40:45

Rank in category: 4(of 8)

Best time in the category: 47:47