



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Saal, Kathleen

Number: 164

Course: 9.50 km
Kurze Strecke

Category:
Seniorinnen W50 (50-54)

Total time: 56:58

Speed: 9.48 km/h
Running performance: 6:00 min/km

Rank in course/Total: 171 (of 248)

Rank in course/Women: 48 (of 96)

Best time in course: 40:45

Rank in category: 7(of 11)

Best time in the category: 49:37