



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Witting, Ramona

Number: 211

Course: 9.50 km
Kurze Strecke

Category:
Seniorinnen W35 (35-39)

Total time: 57:27

Speed: 9.40 km/h

Running performance: 6:03 min/km

Rank in course/Total: 179 (of 248)

Rank in course/Women: 54 (of 96)

Best time in course: 40:45

Rank in category: 11(of 18)

Best time in the category: 44:19