



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Krebstekies, Astrid

Club: Fit mit Schmidt  
Number: 113

Course: 9.50 km  
Kurze Strecke

Category:  
Seniorinnen W45 (45-49)

Total time: 57:55

Speed: 9.32 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 186 (of 248)

Rank in course/Women: 61 (of 96)

Best time in course: 40:45

Rank in category: 6(of 12)

Best time in the category: 41:20