



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Held, Karolin

Number: 78

Course: 9.50 km  
Kurze Strecke

Category:  
Seniorinnen W30 (30-34)

Total time: 58:12

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 190 (of 248)

Rank in course/Women: 62 (of 96)

Best time in course: 40:45

Rank in category: 5(of 8)

Best time in the category: 50:50