



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Freitag, Undine

Number: 53

Course: 9.50 km

Kurze Strecke

Category:

Seniorinnen W50 (50-54)

Total time: 59:19

Speed: 9.61 km/h

Running performance: 6:14 min/km

Rank in course/Total: 202 (of 248)

Rank in course/Women: 70 (of 96)

Best time in course: 40:45

Rank in category: 8(of 11)

Best time in the category: 49:37