



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Stengel, Susanne

Number: 189

Course: 9.50 km

Kurze Strecke

Category:

Seniorinnen W50 (50-54)

Total time: 1:00:20

Speed: 8.95 km/h

Running performance: 6:21 min/km

Rank in course/Total: 206 (of 248)

Rank in course/Women: 72 (of 96)

Best time in course: 40:45

Rank in category: 9(of 11)

Best time in the category: 49:37