



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Grabow, Sina Maria

Number: 64

Course: 9.50 km

Kurze Strecke

Category:

Seniorinnen W35 (35-39)

Total time: 1:01:16

Speed: 9.30 km/h

Running performance: 6:27 min/km

Rank in course/Total: 212 (of 248)

Rank in course/Women: 76 (of 96)

Best time in course: 40:45

Rank in category: 14(of 18)

Best time in the category: 44:19