



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Rödiger, Karsta

Number: 160

Course: 9.50 km  
Kurze Strecke

Category:  
Seniorinnen W55 (55-59)

Total time: 1:01:39

Speed: 8.76 km/h

Running performance: 6:29 min/km

Rank in course/Total: 214 (of 248)

Rank in course/Women: 78 (of 96)

Best time in course: 40:45

Rank in category: 7(of 8)

Best time in the category: 47:47