



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Heusing, Sabine

Number: 89

Course: 9.50 km

Kurze Strecke

Category:

Seniorinnen W60 (60-64)

Total time: 1:04:32

Speed: 8.37 km/h

Running performance: 6:47 min/km

Rank in course/Total: 224 (of 248)

Rank in course/Women: 82 (of 96)

Best time in course: 40:45

Rank in category: 2(of 3)

Best time in the category: 1:00:59