



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Witzel, Larissa

Number: 212

Course: 9.50 km
Kurze Strecke

Category:
Seniorinnen W45 (45-49)

Total time: 1:06:06

Speed: 8.17 km/h

Running performance: 6:58 min/km

Rank in course/Total: 228 (of 248)

Rank in course/Women: 85 (of 96)

Best time in course: 40:45

Rank in category: 10(of 12)

Best time in the category: 41:20