



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Fröse, Sabine

Number: 54

Course: 9.50 km  
Kurze Strecke

Category:  
Seniorinnen W35 (35-39)

Total time: 1:08:13

Speed: 8.36 km/h

Running performance: 7:11 min/km

Rank in course/Total: 236 (of 248)

Rank in course/Women: 89 (of 96)

Best time in course: 40:45

Rank in category: 17(of 18)

Best time in the category: 44:19