



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Bauer, Nadine

Number: 8

Course: 9.50 km

Kurze Strecke

Category:

Seniorinnen W35 (35-39)

Total time: 44:19

Speed: 12.19 km/h

Running performance: 4:40 min/km

Rank in course/Total: 31 (of 248)

Rank in course/Women: 4 (of 96)

Best time in course: 40:45

Rank in category: 1(of 18)

Best time in the category: 44:19