



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Tittelbach-Helmrich, Uta

Number: 196

Course: 9.50 km

Kurze Strecke

Category:

Seniorinnen W40 (40-44)

Total time: 47:39

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 61 (of 248)

Rank in course/Women: 9 (of 96)

Best time in course: 40:45

Rank in category: 1(of 11)

Best time in the category: 47:39