



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Münch, Birgit

Club: LTV Erfurt
Number: 139

Course: 9.50 km
Kurze Strecke

Category:
Seniorinnen W55 (55-59)

Total time: 48:09

Speed: 11.21 km/h
Running performance: 5:04 min/km

Rank in course/Total: 66 (of 248)
Rank in course/Women: 11 (of 96)
Best time in course: 40:45

Rank in category: 2(of 8)
Best time in the category: 47:47