



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: 11.84 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