



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Kruse, Nancy

Club: WalschbergRunners
Number: 117

Course: 9.50 km
Kurze Strecke

Category:
Seniorinnen W40 (40-44)

Total time: 48:53

Speed: 11.05 km/h
Running performance: 5:09 min/km

Rank in course/Total: 75 (of 248)
Rank in course/Women: 13 (of 96)
Best time in course: 40:45

Rank in category: 2(of 11)
Best time in the category: 47:39