



18. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Herrling, Tina

Club: WalschbergRunners  
Number: 242

Course: 9.50 km  
Kurze Strecke

Category:  
Seniorinnen W45 (45-49)

Total time: 49:23

Speed: 11.54 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 79 (of 248)

Rank in course/Women: 14 (of 96)

Best time in course: 40:45

Rank in category: 2(of 12)

Best time in the category: 41:20