



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Kruse, Sandra

Number: 119

Course: 9.50 km
Kurze Strecke

Category:
Seniorinnen W35 (35-39)

Total time: 50:11

Speed: 10.76 km/h

Running performance: 5:17 min/km

Rank in course/Total: 91 (of 248)

Rank in course/Women: 18 (of 96)

Best time in course: 40:45

Rank in category: 4(of 18)

Best time in the category: 44:19