



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Holighaus, Claudia

Club: Fit mit Schmidt
Number: 496

Course: 9.50 km
Kurze Strecke

Category:
Seniorinnen W40 (40-44)

Total time: 50:32

Speed: 10.69 km/h
Running performance: 5:19 min/km

Rank in course/Total: 93 (of 248)

Rank in course/Women: 19 (of 96)

Best time in course: 40:45

Rank in category: 4(of 11)

Best time in the category: 47:39