



## 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Silvia Drößler**

Club: SV 90 Gräfenroda - Wintersport

Number: 27

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W45 (45-49)

Total time: 55:41

Speed: 9.70 km/h

Running performance: 5:59 min/km

Rank in course/Total: 142 (of 239)

Rank in course/Women: 44 (of 99)

Best time in course: 36:18

Rank in category: 3(of 11)

Best time in the category: 41:58