



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Mandy Assinner-Schwanengel

Club: TechnoTeam

Number: 248

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W45 (45-49)

Total time: 59:16

Speed: 9.11 km/h

Running performance: 6:22 min/km

Rank in course/Total: 180 (of 239)

Rank in course/Women: 63 (of 99)

Best time in course: 36:18

Rank in category: 5(of 11)

Best time in the category: 41:58