



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Petra Knoblich

Club: Alteburglaufftreff

Number: 214

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W55 (55-59)

Total time: 46:40

Speed: 11.57 km/h

Running performance: 5:01 min/km

Rank in course/Total: 48 (of 239)

Rank in course/Women: 7 (of 99)

Best time in course: 36:18

Rank in category: 1(of 13)

Best time in the category: 46:40