



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Griseldis Donczik

Club: LSV Ilmenau

Number: 25

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W55 (55-59)

Total time: 53:53

Speed: 10.02 km/h

Running performance: 5:47 min/km

Rank in course/Total: 115 (of 239)

Rank in course/Women: 32 (of 99)

Best time in course: 36:18

Rank in category: 5(of 13)

Best time in the category: 46:40