



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sabine Wenzel

Club: Laufftreff Plaue

Number: 184

Course: 9.30 km

Kurze Strecke

Category:

Seniorinnen W55 (55-59)

Total time: 1:00:56

Speed: 8.86 km/h

Running performance: 6:33 min/km

Rank in course/Total: 189 (of 239)

Rank in course/Women: 67 (of 99)

Best time in course: 36:18

Rank in category: 10(of 13)

Best time in the category: 46:40