



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

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RÖDER, Katja

00: RSV Adler Arnstadt

00: 425

00: 18.50 km

Lange Strecke

0000:

Seniorinnen W30 (30-34 Jahre)

000: 1:23:02

00: 13.01 km/h

0000: 4:29 min/km

00000/000: 31 (of 173)

00000/0: 4 (of 33)

000000: 1:17:32

00000: 3(of 8)

0000000: 1:17:32

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|------|------|-------|--------|----|------|----|------|-------|---------|--------|----|------|----|------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| 000 | 9.30 | 41:18 | 4:26 | 3 | 3:40 | 4 | 3:40 | 9.30 | 41:18 | 4:26 | 3 | 3:40 | 4 | 3:40 |
| 000 | 9.00 | 40:52 | 4:32 | 3 | 1:48 | 4 | 1:48 | 18.30 | 1:22:10 | 4:29 | 3 | 5:28 | 4 | 5:28 |
| Ziel | 0.20 | 0:52 | 4:19 | 2 | 0:02 | 4 | 0:04 | 18.50 | 1:23:02 | 4:29 | 3 | 5:30 | 4 | 5:30 |