



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

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BEYER, Nicole

00: SV Ichtershausen
 00: 362

00: 18.50 km
 Lange Strecke

0000:
 Seniorinnen W40 (40-44 Jahre)

000: 1:37:57

00: 11.33 km/h
 0000: 5:17 min/km

00000/000: 86 (of 144)

00000/0: 6 (of 26)

000000: 1:25:01

00000: 1(of 3)

0000000: 1:37:57

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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 |
| Runde | 9.30 | 48:08 | 5:10 | 1 | - | 6 | 6:30 | 9.30 | 48:08 | 5:10 | 1 | - | 6 | 6:30 |
| Runde | 9.00 | 48:55 | 5:26 | 1 | - | 6 | 6:21 | 18.30 | 1:37:03 | 5:18 | 1 | - | 6 | 12:51 |
| Ziel | 0.20 | 0:54 | 4:30 | 1 | - | 7 | 0:05 | 18.50 | 1:37:57 | 5:17 | 1 | - | 6 | 12:56 |