



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt
Number: 215

Course: 9.30 km
Kurze Strecke

Category:
Frauen W40

Total time: 49:34

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 100 (of 190)

Rank in course/Women: 13 (of 53)

Best time in course: 35:52

Rank in category: 1(of 9)

Best time in the category: 49:34