



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Koch, Heike

Club: Belrieth

Number: 37

Course: 18.50 km

Lange Strecke

Category:

Frauen W35

Total time: 1:35:45

Speed: 11.28 km/h

Running performance: 5:11 min/km

Rank in course/Total: 86 (of 126)

Rank in course/Women: 6 (of 17)

Best time in course: 1:14:05

Rank in category: 1(of 2)

Best time in the category: 1:35:45