



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Lämmlein, Andrea

Club: Spiridon Frankfurt
Number: 85

Course: 18.50 km
Lange Strecke

Category:
Frauen W45

Total time: 1:43:25

Speed: 10.44 km/h
Running performance: 5:35 min/km

Rank in course/Total: 102 (of 126)

Rank in course/Women: 8 (of 17)

Best time in course: 1:14:05

Rank in category: 1(of 3)

Best time in the category: 1:43:25