



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Ratzlow, Cordula

Club: Kath. Laufjugend  
Number: 276

Course: 18.50 km  
Lange Strecke

Category:  
Frauen W40

Total time: 1:48:57

Speed: 9.91 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 108 (of 126)

Rank in course/Women: 9 (of 17)

Best time in course: 1:14:05

Rank in category: 3(of 6)

Best time in the category: 1:28:03