



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Schäfer, Karin

Club: TSV Rannungen

Number: 89

Course: 18.50 km

Lange Strecke

Category:

Frauen W40

Total time: 1:53:00

Speed: 9.56 km/h

Running performance: 6:07 min/km

Rank in course/Total: 111 (of 126)

Rank in course/Women: 10 (of 17)

Best time in course: 1:14:05

Rank in category: 4(of 6)

Best time in the category: 1:28:03