



## 6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Ratzlow, Cordula**

Club: Kath. Laufjugend Arnstadt

Number: 544

Course: 18.50 km

Lange Strecke

Category:

Frauen W45

Total time: 1:49:31

Speed: 9.86 km/h

Running performance: 5:55 min/km

Rank in course/Total: 144 (of 158)

Rank in course/Women: 20 (of 27)

Best time in course: 1:13:05

Rank in category: 4(of 5)

Best time in the category: 1:24:49