



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Rothkegel, Ilona**

Club: Reformhaus Erfurt  
Number: 166

Course: 10.00 km  
City-Lauf

Category:  
Frauen W65

Total time: 45:14

Speed: 13.26 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 187 (of 253)

Rank in course/Women: 23 (of 57)

Best time in course: 30:13

Rank in category: 1(of 1)

Best time in the category: 45:14