



8. Thüringer Frauen-Lauf und 11. Erfurter Volkslauf  
Erfurt / 30.08.2009

Detailed evaluation

**Rothkegel, Ilona**

Club: Reformhaus Erfurt  
Number: 120

Course: 12.00 km  
Frauenlauf

Category:  
Frauen W65

Total time: 1:02:47

Speed: 11.47 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 28 (of 62)  
Rank in course/Women: 28 (of 62)  
Best time in course: 47:48

Rank in category: 1(of 1)  
Best time in the category: 1:02:47