



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

Ilmenau, Ortsteil Heyda / 03.04.2010

### Detailed evaluation

**Köhler, Ljuba**

Club: LSV Lok Arnstadt

Number: 88

Course: 9.30 km

Kurze Strecke

Category:

Frauen W45

Total time: 48:19

Speed: 11.18 km/h

Running performance: 5:12 min/km

Rank in course/Total: 135 (of 286)

Rank in course/Women: 18 (of 77)

Best time in course: 35:49

Rank in category: 6(of 12)

Best time in the category: 40:30