



9. Thüringer-Frauen-Lauf und 12. Erfurter Volkslauf  
Erfurt / 05.09.2010

Detailed evaluation

Rothkegel, Ilona

Club: Erfurt  
Number: 2945

Course: 10.00 km  
Frauenlauf

Category:  
Frauen W65

Total time: 50:01

Speed: 12.00 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 16 (of 49)  
Rank in course/Women: 16 (of 49)  
Best time in course: 40:15

Rank in category: 1(of 1)  
Best time in the category: 50:01