



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Ruschel, Ilona

Total time: 1:55:54

Club: Ruschel & Coll. GmbH & Co. KG, Steuerberatungsgesellschaft

Number: 158

Speed: 8.80 km/h

Running performance: 6:49 min/km

Course: 17.00 km

Rank in course/Total: 70 (of 73)

17 km-Lauf

Rank in course/Women: 10 (of 11)

Best time in course: 1:27:36

Category:

Rank in category: 3(of 4)

Frauen W50

Best time in the category: 1:27:36