



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Ruschel, Ilona

Total time: 2:08:23

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

Number: 55

Speed: 7.94 km/h

Running performance: 7:33 min/km

Course: 17.00 km

Rank in course/Total: 89 (of 91)

17 km-Lauf

Rank in course/Women: 17 (of 18)

Best time in course: 1:24:06

Category:

Rank in category: 4(of 4)

Frauen W50

Best time in the category: 1:29:19