



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Ratzlow, Cordula

Club: Katholische Laufjugend Arnstadt
Number: 320

Course: 18.50 km
Lange Strecke

Category:
Frauen W45

Total time: 1:56:15

Speed: 9.29 km/h
Running performance: 6:17 min/km

Rank in course/Total: 151 (of 157)

Rank in course/Women: 19 (of 21)

Best time in course: 1:26:39

Rank in category: 8(of 8)

Best time in the category: 1:26:39