



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Helmis, Ilka

Club: Bad Frankenhausen
Number: 609

Course: 5.50 km
1. Lauf Kurzdistanz

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 30:12

Speed: 9.93 km/h
Running performance: 5:29 min/km

Rank in course/Total: 13 (of 28)

Rank in course/Women: 2 (of 7)

Best time in course: 27:39

Rank in category: 1(of 1)

Best time in the category: 30:12