



12. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

**Köhler, Ljuba**

Club: LSV Lok Arnstadt  
Number: 91

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 49:23

Speed: 10.93 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 232 (of 404)

Rank in course/Women: 28 (of 98)

Best time in course: 38:48

Rank in category: 4(of 10)

Best time in the category: 42:45