



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Köhler, Ljuba**

Club: LSV Lok Arnstadt  
Number: 57

Course: 9.30 km  
Kurze Strecke

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 51:02

Speed: 10.58 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 140 (of 258)

Rank in course/Women: 24 (of 83)

Best time in course: 36:29

Rank in category: 1(of 7)

Best time in the category: 51:02