



24. Hainich-Lauf  
Mihla / 01.05.2018

## Detailed evaluation

Ose, Elke

Club: Langula  
Number: 271

Course: 13.00 km  
Mittelstrecke

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:21:14

Speed: 9.60 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 66 (of 89)  
Rank in course/Women: 17 (of 29)

Best time in course: 57:30

Rank in category: 2(of 4)  
Best time in the category: 1:10:29