



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Köhler, Ljuba

Club: Laufftreff Plaue
Number: 103

Course: 9.30 km
Kurze Strecke

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 50:06

Speed: 10.78 km/h
Running performance: 5:23 min/km

Rank in course/Total: 112 (of 321)

Rank in course/Women: 18 (of 132)

Best time in course: 40:10

Rank in category: 1(of 8)

Best time in the category: 50:06