



39. Silberberglauf  
Möhrenbach/ Thüringen / 11.05.2019

Detailed evaluation

Rothkegel, Ilona

Club: Erfurt  
Number: 585

Course: 18.00 km  
Großer Lauf

Category:  
Seniorinnen W70 (70-74 Jahre)

Total time: 1:58:34

Speed: 9.11 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 30 (of 37)  
Rank in course/Women: 6 (of 11)  
Best time in course: 1:34:44

Rank in category: 1(of 1)  
Best time in the category: 1:58:34