



# park&see-Lauf (1. Hofer Stadtlauf)

Hof / 27.09.2008

## Detailed evaluation

**Nestmann, Constanze**

Club: IfL Frankenwald

Number: 192

Course: 21.10 km

Halbmarathon

Category:

Frauen W30

Total time: 1:55:08

Speed: 10.94 km/h

Running performance: 5:28 min/km

Rank in course/Total: 184 (of 290)

Rank in course/Women: 21 (of 58)

Best time in course: 1:23:34

Rank in category: 8(of 10)

Best time in the category: 1:23:34