



2. park&see-Lauf Hof

Hof / 26.09.2009

Detailed evaluation

Spörl, Sandra

Club: BRK Rettungshunde Nürnberger Land

Number: 217

Course: 21.10 km

Halbmarathon

Category:

Frauen W30

Total time: 1:47:06

Speed: 11.76 km/h

Running performance: 5:05 min/km

Rank in course/Total: 107 (of 293)

Rank in course/Women: 6 (of 48)

Best time in course: 1:33:26

Rank in category: 4(of 11)

Best time in the category: 1:33:26