



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Kästel, Monika**

Club: IfL Hof  
Number: 101

Course: 21.10 km  
Halbmarathon

Category:  
Frauen W60

Total time: 2:09:28

Speed: 9.73 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 247 (of 293)

Rank in course/Women: 37 (of 48)

Best time in course: 1:33:26

Rank in category: 2(of 2)

Best time in the category: 1:48:50