



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Knauer, Heidi**

Club: Fitnesstreff Selb  
Number: 111

Course: 21.10 km  
Halbmarathon

Category:  
Frauen W30

Total time: 2:24:50

Speed: 8.70 km/h

Running performance: 6:52 min/km

Rank in course/Total: 287 (of 293)

Rank in course/Women: 46 (of 48)

Best time in course: 1:33:26

Rank in category: 11(of 11)

Best time in the category: 1:33:26