



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