



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Lottes, Sylvia

Club: REHAU AG + Co.  
Number: 445

Course: 10.00 km  
Volkslauf

Category:  
Frauen W30

Total time: 1:00:38

Speed: 9.90 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 98 (of 188)

Rank in course/Women: 23 (of 78)

Best time in course: 44:55

Rank in category: 3(of 14)

Best time in the category: 54:24