



### 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