



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Röder, Mandy

Club: Plauen  
Number: 442

Course: 10.00 km  
Volkslauf

Category:  
Frauen W30

Total time: 1:00:54

Speed: 9.85 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 100 (of 188)

Rank in course/Women: 24 (of 78)

Best time in course: 44:55

Rank in category: 4(of 14)

Best time in the category: 54:24