



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Rauh-Degenkolb, Stefanie

Club: Weischlitz

Number: 450

Course: 10.00 km

Volkslauf

Category:

Frauen W30

Total time: 1:02:47

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 114 (of 188)

Rank in course/Women: 31 (of 78)

Best time in course: 44:55

Rank in category: 6(of 14)

Best time in the category: 54:24