



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

Schiffler-Werner, Anja

Club: Ifl Hof

Number: 454

Course: 10.00 km

Volkslauf

Category:

Frauen W35

Total time: 1:06:14

Speed: 9.06 km/h

Running performance: 6:37 min/km

Rank in course/Total: 137 (of 188)

Rank in course/Women: 42 (of 78)

Best time in course: 44:55

Rank in category: 5(of 10)

Best time in the category: 54:39