



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Zapf, Manuela

Club: REHAU AG + Co.
Number: 451

Course: 10.00 km
Volkslauf

Category:
Frauen W30

Total time: 1:07:45

Speed: 8.86 km/h
Running performance: 6:47 min/km

Rank in course/Total: 148 (of 188)

Rank in course/Women: 48 (of 78)

Best time in course: 44:55

Rank in category: 9(of 14)

Best time in the category: 54:24