



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Zemke, Ines

Club: IFL Hof
Number: 298

Course: 10.00 km
Volkslauf

Category:
Frauen W35

Total time: 1:08:11

Speed: 8.80 km/h
Running performance: 6:49 min/km

Rank in course/Total: 151 (of 188)

Rank in course/Women: 51 (of 78)

Best time in course: 44:55

Rank in category: 7(of 10)

Best time in the category: 54:39