



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Krause, Ingeborg

Club: Hof

Number: 291

Course: 10.00 km

Volkslauf

Category:

Frauen W50

Total time: 1:09:07

Speed: 8.68 km/h

Running performance: 6:55 min/km

Rank in course/Total: 157 (of 188)

Rank in course/Women: 54 (of 78)

Best time in course: 44:55

Rank in category: 2(of 4)

Best time in the category: 56:22