



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Lang, Monica

Club: REHAU AG + Co.  
Number: 443

Course: 10.00 km  
Volkslauf

Category:  
Frauen W30

Total time: 1:11:41

Speed: 8.37 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 161 (of 188)

Rank in course/Women: 58 (of 78)

Best time in course: 44:55

Rank in category: 11(of 14)

Best time in the category: 54:24