



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Köppel, Inge

Club: FC Martinlamitz
Number: 479

Course: 10.00 km
Volkslauf

Category:
Frauen W45

Total time: 1:13:36

Speed: 8.15 km/h
Running performance: 7:22 min/km

Rank in course/Total: 166 (of 188)

Rank in course/Women: 61 (of 78)

Best time in course: 44:55

Rank in category: 7(of 9)

Best time in the category: 58:08