



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Sinner, Manuela

Club: Viessmann kool runnings
Number: 448

Course: 10.00 km
Volkslauf

Category:
Frauen W30

Total time: 1:14:02

Speed: 8.10 km/h
Running performance: 7:24 min/km

Rank in course/Total: 169 (of 188)

Rank in course/Women: 63 (of 78)

Best time in course: 44:55

Rank in category: 12(of 14)

Best time in the category: 54:24