



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Rauh, Ilona**

Club: Tauperlitz  
Number: 457

Course: 10.00 km  
Volkslauf

Category:  
Frauen W35

Total time: 1:14:15

Speed: 8.08 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 171 (of 188)

Rank in course/Women: 65 (of 78)

Best time in course: 44:55

Rank in category: 9(of 10)

Best time in the category: 54:39