



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Motzke, Shenja

Number: 458

Course: 10.00 km
Volkslauf

Category:
Frauen W35

Total time: 1:20:15

Speed: 7.48 km/h

Running performance: 8:01 min/km

Rank in course/Total: 179 (of 188)

Rank in course/Women: 71 (of 78)

Best time in course: 44:55

Rank in category: 10(of 10)

Best time in the category: 54:39