



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Nestmann, Constanze

Club: Viessmann kool runnings
Number: 196

Course: 21.10 km
Halbmarathon

Category:
Frauen W30

Total time: 1:56:44

Speed: 10.79 km/h
Running performance: 5:32 min/km

Rank in course/Total: 149 (of 237)

Rank in course/Women: 13 (of 42)

Best time in course: 1:34:36

Rank in category: 3(of 5)

Best time in the category: 1:53:45