



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Förster, Christiane**

Club: Sohl

Number: 210

Course: 21.10 km

Halbmarathon

Category:

Frauen W40

Total time: 2:03:24

Speed: 10.21 km/h

Running performance: 5:51 min/km

Rank in course/Total: 179 (of 237)

Rank in course/Women: 22 (of 42)

Best time in course: 1:34:36

Rank in category: 5(of 9)

Best time in the category: 1:41:56