



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Dostal, Miriam**

Club: IFL Hof

Number: 83

Course: 21.10 km

Halbmarathon

Category:

Frauen W40

Total time: 2:05:18

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 186 (of 237)

Rank in course/Women: 24 (of 42)

Best time in course: 1:34:36

Rank in category: 6(of 9)

Best time in the category: 1:41:56