



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Kraft, Ilona

Club: Hof

Number: 211

Course: 21.10 km

Halbmarathon

Category:

Frauen W45

Total time: 2:08:49

Speed: 9.83 km/h

Running performance: 6:07 min/km

Rank in course/Total: 201 (of 237)

Rank in course/Women: 29 (of 42)

Best time in course: 1:34:36

Rank in category: 7(of 7)

Best time in the category: 1:49:56