



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Friedrich, Sandra

Club: IfL Frankenwald

Number: 205

Course: 21.10 km

Halbmarathon

Category:

Frauen W40

Total time: 2:18:38

Speed: 9.09 km/h

Running performance: 6:34 min/km

Rank in course/Total: 225 (of 237)

Rank in course/Women: 38 (of 42)

Best time in course: 1:34:36

Rank in category: 9(of 9)

Best time in the category: 1:41:56