



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

HAMPL, Tanja

Club: IfL Frankenwald

Number: 199

Course: 10.00 km

Volkslauf

Category:

Frauen W35

Total time: 54:39

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 49 (of 188)

Rank in course/Women: 8 (of 78)

Best time in course: 44:55

Rank in category: 1(of 10)

Best time in the category: 54:39