



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Spiller, Martina**

Club: Hof

Number: 463

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 55:20

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 56 (of 188)

Rank in course/Women: 9 (of 78)

Best time in course: 44:55

Rank in category: 2(of 15)

Best time in the category: 51:05