



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Bründl, Carmen**

Club: IFL Frankenwald  
Number: 293

Course: 10.00 km  
Volkslauf

Category:  
Frauen W30

Total time: 55:21

Speed: 10.84 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 57 (of 188)

Rank in course/Women: 10 (of 78)

Best time in course: 44:55

Rank in category: 2(of 14)

Best time in the category: 54:24