



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Jergens, Cornelia

Club: IFL Frankenwald
Number: 290

Course: 10.00 km
Volkslauf

Category:
Frauen W40

Total time: 55:30

Speed: 10.81 km/h
Running performance: 5:33 min/km

Rank in course/Total: 59 (of 188)

Rank in course/Women: 12 (of 78)

Best time in course: 44:55

Rank in category: 3(of 15)

Best time in the category: 51:05