



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Gerhardt, Karin

Club: IfL Hof  
Number: 232

Course: 10.00 km  
Volkslauf

Category:  
Frauen W40

Total time: 56:30

Speed: 10.62 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 64 (of 188)

Rank in course/Women: 15 (of 78)

Best time in course: 44:55

Rank in category: 5(of 15)

Best time in the category: 51:05