



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Röder, Christine

Club: REHAU AG + Co.  
Number: 477

Course: 10.00 km  
Volkslauf

Category:  
Frauen W45

Total time: 59:13

Speed: 10.13 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 88 (of 188)

Rank in course/Women: 19 (of 78)

Best time in course: 44:55

Rank in category: 2(of 9)

Best time in the category: 58:08