



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Spiller, Martina

Number: 354

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 1:00:06

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 84 (of 175)

Rank in course/Women: 16 (of 65)

Best time in course: 49:07

Rank in category: 6(of 15)

Best time in the category: 49:07