



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Freund, Sandra**

Club: Geroldsgrün

Number: 335

Course: 10.00 km

Volkslauf

Category:

Frauen W20

Total time: 1:01:16

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 92 (of 175)

Rank in course/Women: 20 (of 65)

Best time in course: 49:07

Rank in category: 3(of 8)

Best time in the category: 58:12