



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Lichy, Carmen

Club: Koeditz

Number: 369

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 1:02:55

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 110 (of 175)

Rank in course/Women: 27 (of 65)

Best time in course: 49:07

Rank in category: 5(of 13)

Best time in the category: 55:26