



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Frank, Michaela**

Club: Oberkottzau

Number: 343

Course: 10.00 km

Volkslauf

Category:

Frauen W30

Total time: 1:03:47

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course/Total: 121 (of 175)

Rank in course/Women: 31 (of 65)

Best time in course: 49:07

Rank in category: 3(of 10)

Best time in the category: 1:01:48