



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Gold-Opitz, Kirsten

Club: Vineyard Hof

Number: 357

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 1:04:46

Speed: 9.26 km/h

Running performance: 6:29 min/km

Rank in course/Total: 125 (of 175)

Rank in course/Women: 33 (of 65)

Best time in course: 49:07

Rank in category: 10(of 15)

Best time in the category: 49:07