



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Geißner, Birgit

Club: IfL Frankenwald

Number: 374

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 1:05:35

Speed: 9.15 km/h

Running performance: 6:34 min/km

Rank in course/Total: 129 (of 175)

Rank in course/Women: 35 (of 65)

Best time in course: 49:07

Rank in category: 6(of 13)

Best time in the category: 55:26