



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Seidel, Anette

Club: Plauen

Number: 373

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 1:09:06

Speed: 8.68 km/h

Running performance: 6:55 min/km

Rank in course/Total: 155 (of 175)

Rank in course/Women: 48 (of 65)

Best time in course: 49:07

Rank in category: 8(of 13)

Best time in the category: 55:26