



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Gerstner, Heidi**

Club: Sportclub Sparkasse Hochfranken

Number: 551

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 1:10:34

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course/Total: 162 (of 175)

Rank in course/Women: 54 (of 65)

Best time in course: 49:07

Rank in category: 10(of 13)

Best time in the category: 55:26