



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Jakob, Silvia

Club: IfL Hof

Number: 466

Course: 10.00 km

Nordic Walking

Category:

Nordic Walking Frauen

Total time: 1:21:55

Speed: 7.32 km/h

Running performance: 8:11 min/km

Rank in course/Total: 3 (of 37)

Rank in course/Women: 1 (of 28)

Best time in course: 1:21:55

Rank in category: 1(of 28)

Best time in the category: 1:21:55