



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

#### Spangenberg, Eveline

Club: Fortuna Gefell

Number: 460

Course: 10.00 km

Nordic Walking

Category:

Nordic Walking Frauen

Total time: 1:29:37

Speed: 6.70 km/h

Running performance: 8:58 min/km

Rank in course/Total: 12 (of 37)

Rank in course/Women: 7 (of 28)

Best time in course: 1:21:55

Rank in category: 7(of 28)

Best time in the category: 1:21:55