



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Rabe, Kathrin**

Club: Sportclub Sparkasse Hochfranken  
Number: 476

Course: 10.00 km  
Nordic Walking

Category:  
Nordic Walking Frauen

Total time: 1:32:45

Speed: 6.47 km/h  
Running performance: 9:17 min/km

Rank in course/Total: 22 (of 37)  
Rank in course/Women: 15 (of 28)  
Best time in course: 1:21:55

Rank in category: 15(of 28)  
Best time in the category: 1:21:55