



4. Park&See-Lauf
Hof / 01.10.2011

Detailed evaluation

Nestmann, Constanze

Club: Viessmann kool runnings
Number: 149

Course: 21.10 km
Halbmarathon

Category:
Frauen W30

Total time: 2:03:05

Speed: 10.29 km/h
Running performance: 5:50 min/km

Rank in course/Total: 124 (of 191)

Rank in course/Women: 14 (of 40)

Best time in course: 1:38:11

Rank in category: 2(of 7)

Best time in the category: 2:03:00