



## 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: 10.24 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