



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Kraft, Ilona

Club: Hof

Number: 160

Course: 21.10 km

Halbmarathon

Category:

Frauen W50

Total time: 2:11:34

Speed: 9.58 km/h

Running performance: 6:14 min/km

Rank in course/Total: 147 (of 191)

Rank in course/Women: 23 (of 40)

Best time in course: 1:38:11

Rank in category: 6(of 7)

Best time in the category: 1:49:32