



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Lang, Martina

Club: SC Münchberg

Number: 363

Course: 10.00 km

Volkslauf

Category:

Frauen W40

Total time: 52:32

Speed: 11.42 km/h

Running performance: 5:15 min/km

Rank in course/Total: 42 (of 175)

Rank in course/Women: 5 (of 65)

Best time in course: 49:07

Rank in category: 3(of 15)

Best time in the category: 49:07