



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

Krippendorf, Johanna

Club: Ifl Hof  
Number: 496

Course: 10.00 km  
Volkslauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 57:38

Speed: 10.41 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 100 (of 184)

Rank in course/Women: 13 (of 57)

Best time in course: 42:30

Rank in category: 2(of 6)

Best time in the category: 54:24