



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Spiller, Martina

Club: Hof

Number: 338

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 57:43

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 101 (of 184)

Rank in course/Women: 14 (of 57)

Best time in course: 42:30

Rank in category: 4(of 7)

Best time in the category: 47:53