



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

List, Alexandra

Club: Bayreuth

Number: 336

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 57:53

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 104 (of 184)

Rank in course/Women: 17 (of 57)

Best time in course: 42:30

Rank in category: 4(of 11)

Best time in the category: 52:48