



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

**Klug, Helga**

Club: IfL Hof

Number: 357

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:00:14

Speed: 9.96 km/h

Running performance: 6:01 min/km

Rank in course/Total: 116 (of 184)

Rank in course/Women: 22 (of 57)

Best time in course: 42:30

Rank in category: 1(of 3)

Best time in the category: 1:00:14