



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Holzschuher, Karin

Club: Hong Kong Distance Runners Club
Number: 337

Course: 10.00 km
Volkslauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:01:40

Speed: 9.73 km/h
Running performance: 6:10 min/km

Rank in course/Total: 123 (of 184)

Rank in course/Women: 25 (of 57)

Best time in course: 42:30

Rank in category: 6(of 7)

Best time in the category: 47:53