



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

**Semm, Svenja**

Club: Semm's

Number: 465

Course: 10.00 km

Volkslauf

Category:

Frauen (20-29 Jahre)

Total time: 1:02:13

Speed: 9.64 km/h

Running performance: 6:13 min/km

Rank in course/Total: 126 (of 184)

Rank in course/Women: 26 (of 57)

Best time in course: 42:30

Rank in category: 7(of 11)

Best time in the category: 53:25