



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Friedrich, Jessica

Club: scake food

Number: 412

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:55

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 135 (of 184)

Rank in course/Women: 30 (of 57)

Best time in course: 42:30

Rank in category: 3(of 4)

Best time in the category: 51:33