



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

**Krause, Ingeborg**

Club: Hof

Number: 519

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:05:27

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 139 (of 184)

Rank in course/Women: 33 (of 57)

Best time in course: 42:30

Rank in category: 5(of 7)

Best time in the category: 57:44