



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Dippold, Daniela

Club: Hof

Number: 330

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:07:17

Speed: 8.92 km/h

Running performance: 6:44 min/km

Rank in course/Total: 151 (of 184)

Rank in course/Women: 38 (of 57)

Best time in course: 42:30

Rank in category: 7(of 11)

Best time in the category: 52:48