



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Gerstner, Heidi

Club: Sportclub Sparkasse Hochfranken e.V.
Number: 345

Course: 10.00 km
Volkslauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:08:47

Speed: 8.72 km/h
Running performance: 6:53 min/km

Rank in course/Total: 159 (of 184)

Rank in course/Women: 44 (of 57)

Best time in course: 42:30

Rank in category: 3(of 6)

Best time in the category: 54:24