



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

**Dinter, Angela**

Club: Plauen

Number: 342

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:33

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course/Total: 164 (of 184)

Rank in course/Women: 47 (of 57)

Best time in course: 42:30

Rank in category: 4(of 6)

Best time in the category: 54:24