



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Riedel, Uschi

Club: IFL HOF

Number: 456

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:12:41

Speed: 8.25 km/h

Running performance: 7:16 min/km

Rank in course/Total: 167 (of 184)

Rank in course/Women: 48 (of 57)

Best time in course: 42:30

Rank in category: 6(of 7)

Best time in the category: 57:44