



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Münchberger, Astrid

Club: Lebenshilfe Hof e.V.

Number: 327

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:13:56

Speed: 8.12 km/h

Running performance: 7:23 min/km

Rank in course/Total: 169 (of 184)

Rank in course/Women: 49 (of 57)

Best time in course: 42:30

Rank in category: 9(of 11)

Best time in the category: 52:48