



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Rauh, Ilona

Club: Team Bergziege

Number: 335

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:15:08

Speed: 7.99 km/h

Running performance: 7:31 min/km

Rank in course/Total: 171 (of 184)

Rank in course/Women: 51 (of 57)

Best time in course: 42:30

Rank in category: 10(of 11)

Best time in the category: 52:48