



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Motzke, Shenja

Club: Die schnellen Schnecken

Number: 454

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:16:42

Speed: 7.82 km/h

Running performance: 7:40 min/km

Rank in course/Total: 173 (of 184)

Rank in course/Women: 52 (of 57)

Best time in course: 42:30

Rank in category: 11(of 11)

Best time in the category: 52:48