



5. Park&See-Lauf  
Hof / 06.10.2012

Detailed evaluation

Blug, Katrin

Club: IfL Hof  
Number: 343

Course: 10.00 km  
Volkslauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:18:04

Speed: 7.69 km/h  
Running performance: 7:49 min/km

Rank in course/Total: 179 (of 184)

Rank in course/Women: 55 (of 57)

Best time in course: 42:30

Rank in category: 6(of 6)

Best time in the category: 54:24