



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

**Frisch, Angela**

Club: ESV Lok Adorf

Number: 191

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:45:41

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 75 (of 237)

Rank in course/Women: 4 (of 42)

Best time in course: 1:41:45

Rank in category: 2(of 8)

Best time in the category: 1:43:43