



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Nestmann, Constanze

Club: Viessmann kool runnings

Number: 174

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:51:24

Speed: 11.31 km/h

Running performance: 5:17 min/km

Rank in course/Total: 114 (of 237)

Rank in course/Women: 8 (of 42)

Best time in course: 1:41:45

Rank in category: 2(of 7)

Best time in the category: 1:41:45