



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Köllner, Heike

Club: Polizei Hof

Number: 400

Course: 10.00 km

Nordic Walking

Category:

Walking/ Nordic Walking Frauen

Total time: 1:25:20

Speed: 7.03 km/h

Running performance: 8:32 min/km

Rank in course/Total: 12 (of 37)

Rank in course/Women: 5 (of 26)

Best time in course: 1:17:31

Rank in category: 5(of 26)

Best time in the category: 1:17:31