



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

Heinrich, Hilde

Club: TSV Hof  
Number: 470

Course: 10.00 km  
Nordic Walking

Category:  
Walking/ Nordic Walking Frauen

Total time: 1:35:36

Speed: 6.28 km/h  
Running performance: 9:34 min/km

Rank in course/Total: 21 (of 37)  
Rank in course/Women: 13 (of 26)  
Best time in course: 1:17:31

Rank in category: 13(of 26)  
Best time in the category: 1:17:31