



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Werk, Katja

Club: Hof

Number: 178

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 2:48:48

Speed: 7.46 km/h

Running performance: 8:00 min/km

Rank in course/Total: 235 (of 237)

Rank in course/Women: 42 (of 42)

Best time in course: 1:41:45

Rank in category: 5(of 5)

Best time in the category: 1:48:15