



6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

Detailed evaluation

Simank, Silke

Club: Hof

Number: 357

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:04:26

Speed: 9.31 km/h

Running performance: 6:26 min/km

Rank in course/Total: 105 (of 142)

Rank in course/Women: 27 (of 53)

Best time in course: 49:17

Rank in category: 9(of 11)

Best time in the category: 52:46