



6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

Detailed evaluation

Kraft, Ilona

Club: Hof

Number: 309

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:11:00

Speed: 8.45 km/h

Running performance: 7:06 min/km

Rank in course/Total: 132 (of 142)

Rank in course/Women: 47 (of 53)

Best time in course: 49:17

Rank in category: 3(of 3)

Best time in the category: 1:01:37