



6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

Detailed evaluation

Knauer, Heidi

Club: Selb/ Erkersreuth

Number: 293

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 57:30

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 67 (of 142)

Rank in course/Women: 12 (of 53)

Best time in course: 49:17

Rank in category: 3(of 7)

Best time in the category: 54:31