



6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

Detailed evaluation

Rudolph, Claudia

Club: Gealan TriTeam Ifl Hof

Number: 306

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 57:46

Speed: 10.39 km/h

Running performance: 5:47 min/km

Rank in course/Total: 68 (of 142)

Rank in course/Women: 13 (of 53)

Best time in course: 49:17

Rank in category: 4(of 11)

Best time in the category: 52:46