



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Appel, Henriette

Club: TSV 1862 Neuburg

Number: 125

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 49:32

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 44 (of 178)

Rank in course/Women: 4 (of 64)

Best time in course: 44:30

Rank in category: 1(of 7)

Best time in the category: 49:32