



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Nestmann, Constanze

Club: Viessmann K hlsysteme GmbH

Number: 343

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 50:37

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 52 (of 178)

Rank in course/Women: 7 (of 64)

Best time in course: 44:30

Rank in category: 3(of 14)

Best time in the category: 46:47