



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Kraft, Ilona

Club: Hot Legs

Number: 317

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 56:52

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 100 (of 178)

Rank in course/Women: 21 (of 64)

Best time in course: 44:30

Rank in category: 3(of 12)

Best time in the category: 54:33