



## 7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

### Detailed evaluation

Hertel-Kols, Helga

Club: Outdoor Rehau

Number: 377

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:00:03

Speed: 9.99 km/h

Running performance: 6:00 min/km

Rank in course/Total: 133 (of 178)

Rank in course/Women: 40 (of 64)

Best time in course: 44:30

Rank in category: 6(of 12)

Best time in the category: 54:33