



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Friedrich, Sandra

Club: Fc frankenwald

Number: 386

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:05:58

Speed: 9.10 km/h

Running performance: 6:36 min/km

Rank in course/Total: 153 (of 178)

Rank in course/Women: 53 (of 64)

Best time in course: 44:30

Rank in category: 6(of 7)

Best time in the category: 49:32