



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Knauer, Heidi

Club: Fitnesstreff Selb

Number: 300

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 55:28

Speed: 10.82 km/h

Running performance: 5:33 min/km

Rank in course/Total: 88 (of 178)

Rank in course/Women: 15 (of 64)

Best time in course: 44:30

Rank in category: 6(of 14)

Best time in the category: 46:47