



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Nasdal, Bärbel

Club: Hof

Number: 130

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:16:54

Speed: 9.20 km/h

Running performance: 6:29 min/km

Rank in course/Total: 183 (of 192)

Rank in course/Women: 26 (of 31)

Best time in course: 1:36:49

Rank in category: 6(of 7)

Best time in the category: 1:50:46