



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Röse, Uwe

Club: Reitclub Rehau-Frankenhof  
Number: 406

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 1:01:31

Speed: 9.75 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 106 (of 188)

Rank in course/Men: 78 (of 110)

Best time in course: 42:05

Rank in category: 9(of 13)

Best time in the category: 46:40