



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Nowak, Werner

Club: Hof

Number: 415

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 1:01:52

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 110 (of 188)

Rank in course/Men: 80 (of 110)

Best time in course: 42:05

Rank in category: 7(of 9)

Best time in the category: 46:53