



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Franz, Lars

Club: REHAU AG + Co.
Number: 265

Course: 10.00 km
Volkslauf

Category:
Männer M30

Total time: 1:02:09

Speed: 9.65 km/h
Running performance: 6:13 min/km

Rank in course/Total: 112 (of 188)

Rank in course/Men: 82 (of 110)

Best time in course: 42:05

Rank in category: 12(of 15)

Best time in the category: 44:49