



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Macht, Günter**

Club: IfL Hof  
Number: 421

Course: 10.00 km  
Volkslauf

Category:  
Männer M60

Total time: 1:02:49

Speed: 9.55 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 116 (of 188)

Rank in course/Men: 84 (of 110)

Best time in course: 42:05

Rank in category: 3(of 4)

Best time in the category: 51:04