



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

#### Griesbeck, Tobias

Club: Sportclub Sparkasse Hochfranken e.V.  
Number: 375

Course: 10.00 km  
Volkslauf

Category:  
Männer M30

Total time: 46:38

Speed: 12.87 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 12 (of 188)

Rank in course/Men: 11 (of 110)

Best time in course: 42:05

Rank in category: 4(of 15)

Best time in the category: 44:49