



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Sperber, Armin**

Club: SG Hutschenr. Selb  
Number: 315

Course: 10.00 km  
Volkslauf

Category:  
Männer M70

Total time: 1:04:39

Speed: 9.28 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 127 (of 188)

Rank in course/Men: 90 (of 110)

Best time in course: 42:05

Rank in category: 1(of 1)

Best time in the category: 1:04:39