



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Simon, Günter

Club: FHVR Runners
Number: 398

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 1:04:39

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

Rank in course/Total: 128 (of 188)

Rank in course/Men: 91 (of 110)

Best time in course: 42:05

Rank in category: 12(of 13)

Best time in the category: 46:40