



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Braun, Michael**

Club: IFL Frankenwald

Number: 308

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 1:04:49

Speed: 9.26 km/h

Running performance: 6:29 min/km

Rank in course/Total: 130 (of 188)

Rank in course/Men: 93 (of 110)

Best time in course: 42:05

Rank in category: 8(of 11)

Best time in the category: 46:39