



3. Park&See-Lauf Hof Hof / 02.10.2010

Detailed evaluation

Silva, Dennis

Club: Viessmann kool runnings
Number: 358

Course: 10.00 km
Volkslauf

Category:
Männer M20

Total time: 1:04:55

Speed: 9.24 km/h
Running performance: 6:29 min/km

Rank in course/Total: 133 (of 188)

Rank in course/Men: 95 (of 110)

Best time in course: 42:05

Rank in category: 12(of 13)

Best time in the category: 42:05