



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Bollhorst, Rainer

Club: REHAU AG + Co.

Number: 387

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 1:06:48

Speed: 8.98 km/h

Running performance: 6:41 min/km

Rank in course/Total: 143 (of 188)

Rank in course/Men: 97 (of 110)

Best time in course: 42:05

Rank in category: 16(of 18)

Best time in the category: 49:00