



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Rossner, Markus

Club: Sportclub Sparkasse Hochfranken e.V.
Number: 407

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 46:40

Speed: 12.86 km/h
Running performance: 4:40 min/km

Rank in course/Total: 15 (of 188)

Rank in course/Men: 13 (of 110)

Best time in course: 42:05

Rank in category: 1(of 13)

Best time in the category: 46:40