



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Bley, Stephan**

Club: Künsdorf  
Number: 404

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 1:07:33

Speed: 8.88 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 147 (of 188)

Rank in course/Men: 100 (of 110)

Best time in course: 42:05

Rank in category: 13(of 13)

Best time in the category: 46:40