



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Jenkis, Gerhard

Club: IFL Hof

Number: 277

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 1:08:20

Speed: 8.78 km/h

Running performance: 6:50 min/km

Rank in course/Total: 154 (of 188)

Rank in course/Men: 102 (of 110)

Best time in course: 42:05

Rank in category: 10(of 11)

Best time in the category: 46:39