



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Heider, Wolfgang**

Club: Skiclub Neubau

Number: 271

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 47:28

Speed: 12.64 km/h

Running performance: 4:45 min/km

Rank in course/Total: 17 (of 188)

Rank in course/Men: 15 (of 110)

Best time in course: 42:05

Rank in category: 2(of 11)

Best time in the category: 46:39