



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Lang, Jürgen

Club: REHAU AG + Co.

Number: 368

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 1:11:42

Speed: 8.37 km/h

Running performance: 7:10 min/km

Rank in course/Total: 162 (of 188)

Rank in course/Men: 104 (of 110)

Best time in course: 42:05

Rank in category: 14(of 15)

Best time in the category: 44:49