



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Friedrich, Dr. Hans-Peter

Club: Berlin  
Number: 237

Course: 10.00 km  
Volkslauf

Category:  
Männer M50

Total time: 1:11:44

Speed: 8.36 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 163 (of 188)

Rank in course/Men: 105 (of 110)

Best time in course: 42:05

Rank in category: 11(of 11)

Best time in the category: 46:39