



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Sinner, Andreas**

Club: Viessmann kool runnings  
Number: 372

Course: 10.00 km  
Volkslauf

Category:  
Männer M30

Total time: 1:13:59

Speed: 8.11 km/h  
Running performance: 7:24 min/km

Rank in course/Total: 168 (of 188)

Rank in course/Men: 106 (of 110)

Best time in course: 42:05

Rank in category: 15(of 15)

Best time in the category: 44:49