



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Lindner, Adolf

Club: TUS Töpen

Number: 305

Course: 10.00 km

Volkslauf

Category:

Männer M60

Total time: 1:17:29

Speed: 7.74 km/h

Running performance: 7:45 min/km

Rank in course/Total: 177 (of 188)

Rank in course/Men: 107 (of 110)

Best time in course: 42:05

Rank in category: 4(of 4)

Best time in the category: 51:04