



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Roth, Stephan

Club: Viessmann kool runnings
Number: 0

Course: 10.00 km
Volkslauf

Category:
Männer M30

Total time: 49:41

Speed: 12.08 km/h
Running performance: 4:58 min/km

Rank in course/Total: 23 (of 188)

Rank in course/Men: 20 (of 110)

Best time in course: 42:05

Rank in category: 5(of 15)

Best time in the category: 44:49