



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Degenkolb, Thomas**

Club: SG Kürbitz

Number: 396

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 50:24

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 27 (of 188)

Rank in course/Men: 23 (of 110)

Best time in course: 42:05

Rank in category: 3(of 18)

Best time in the category: 49:00