



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Pfenning, Dieter

Club: Hof

Number: 423

Course: 10.00 km

Volkslauf

Category:

Männer M65

Total time: 50:28

Speed: 11.89 km/h

Running performance: 5:03 min/km

Rank in course/Total: 28 (of 188)

Rank in course/Men: 24 (of 110)

Best time in course: 42:05

Rank in category: 2(of 2)

Best time in the category: 45:53