



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Dr. Fichtner, Harald

Club: IfL Hof
Number: 114

Course: 10.00 km
Volkslauf

Category:
Männer M45

Total time: 50:53

Speed: 11.79 km/h
Running performance: 5:05 min/km

Rank in course/Total: 29 (of 188)

Rank in course/Men: 25 (of 110)

Best time in course: 42:05

Rank in category: 3(of 13)

Best time in the category: 46:40