



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Ried, Gerhard

Club: IfL Hof

Number: 146

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 51:04

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 30 (of 188)

Rank in course/Men: 26 (of 110)

Best time in course: 42:05

Rank in category: 4(of 11)

Best time in the category: 46:39