



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Glässel, Sascha

Club: Sportclub Sparkasse Hochfranken e.V.

Number: 362

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 51:51

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 36 (of 188)

Rank in course/Men: 31 (of 110)

Best time in course: 42:05

Rank in category: 3(of 13)

Best time in the category: 42:05