



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Seiferth, Günter

Club: Fa. REHAU AG
Number: 394

Course: 10.00 km
Volkslauf

Category:
Männer M40

Total time: 52:26

Speed: 11.44 km/h
Running performance: 5:14 min/km

Rank in course/Total: 38 (of 188)

Rank in course/Men: 33 (of 110)

Best time in course: 42:05

Rank in category: 6(of 18)

Best time in the category: 49:00