



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Glombitza, Michael

Club: Northeim

Number: 297

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 54:25

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 47 (of 188)

Rank in course/Men: 40 (of 110)

Best time in course: 42:05

Rank in category: 9(of 18)

Best time in the category: 49:00