



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

Kießling, Rudolf

Club: Hof

Number: 420

Course: 10.00 km

Volkslauf

Category:

Männer M60

Total time: 54:26

Speed: 11.02 km/h

Running performance: 5:26 min/km

Rank in course/Total: 48 (of 188)

Rank in course/Men: 41 (of 110)

Best time in course: 42:05

Rank in category: 2(of 4)

Best time in the category: 51:04