



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Gerhardt, Sven

Club: IfL Hof
Number: 233

Course: 10.00 km
Volkslauf

Category:
Männer M35

Total time: 44:30

Speed: 13.48 km/h
Running performance: 4:27 min/km

Rank in course/Total: 5 (of 188)

Rank in course/Men: 5 (of 110)

Best time in course: 42:05

Rank in category: 3(of 17)

Best time in the category: 42:08