



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Spörl, Karlheinz

Club: Trogen  
Number: 397

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 55:06

Speed: 10.89 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 53 (of 188)

Rank in course/Men: 45 (of 110)

Best time in course: 42:05

Rank in category: 4(of 13)

Best time in the category: 46:40