



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Amarell, Andreas

Club: Viessmann kool runnings
Number: 371

Course: 10.00 km
Volkslauf

Category:
Männer M30

Total time: 55:15

Speed: 10.86 km/h
Running performance: 5:31 min/km

Rank in course/Total: 55 (of 188)

Rank in course/Men: 47 (of 110)

Best time in course: 42:05

Rank in category: 7(of 15)

Best time in the category: 44:49