



3. Park&See-Lauf Hof Hof / 02.10.2010

Detailed evaluation

Trispel, Andre

Club: LATV Plauen

Number: 267

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 44:49

Speed: 13.39 km/h

Running performance: 4:29 min/km

Rank in course/Total: 6 (of 188)

Rank in course/Men: 6 (of 110)

Best time in course: 42:05

Rank in category: 1(of 15)

Best time in the category: 44:49