



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Zips, Sebastian

Club: Hof

Number: 359

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 56:28

Speed: 10.63 km/h

Running performance: 5:39 min/km

Rank in course/Total: 63 (of 188)

Rank in course/Men: 49 (of 110)

Best time in course: 42:05

Rank in category: 8(of 17)

Best time in the category: 42:08