



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Wolfrum, Günter**

Club: IfL Hof

Number: 414

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 56:30

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 65 (of 188)

Rank in course/Men: 50 (of 110)

Best time in course: 42:05

Rank in category: 4(of 9)

Best time in the category: 46:53