



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Wolfram, Helmut**

Club: SSV Bad Brambach

Number: 320

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 56:37

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 66 (of 188)

Rank in course/Men: 51 (of 110)

Best time in course: 42:05

Rank in category: 5(of 9)

Best time in the category: 46:53