



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Pfenning, Michael

Club: Hof

Number: 391

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 57:09

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 69 (of 188)

Rank in course/Men: 54 (of 110)

Best time in course: 42:05

Rank in category: 11(of 18)

Best time in the category: 49:00