



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Diesing, Christian**

Club: Hof

Number: 351

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 57:51

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 76 (of 188)

Rank in course/Men: 59 (of 110)

Best time in course: 42:05

Rank in category: 5(of 13)

Best time in the category: 42:05