



3. Park&See-Lauf Hof Hof / 02.10.2010

Detailed evaluation

Müller-Esdohr, Jan-Dirk

Club: Hof

Number: 381

Course: 10.00 km

Volkslauf

Category:

Männer M35

Total time: 57:55

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 77 (of 188)

Rank in course/Men: 60 (of 110)

Best time in course: 42:05

Rank in category: 11(of 17)

Best time in the category: 42:08