



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Ziehr, Martin

Club: Hof

Number: 243

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 44:58

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 8 (of 188)

Rank in course/Men: 7 (of 110)

Best time in course: 42:05

Rank in category: 2(of 15)

Best time in the category: 44:49