



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Geiß, Matthias

Club: München

Number: 363

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 45:30

Speed: 13.19 km/h

Running performance: 4:33 min/km

Rank in course/Total: 9 (of 188)

Rank in course/Men: 8 (of 110)

Best time in course: 42:05

Rank in category: 3(of 15)

Best time in the category: 44:49