



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Thomas, Juergen

Club: Doehlau  
Number: 228

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 1:00:18

Speed: 9.95 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 95 (of 188)

Rank in course/Men: 75 (of 110)

Best time in course: 42:05

Rank in category: 8(of 13)

Best time in the category: 46:40