



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Biller, Frank**

Club: TV Helmbrechts

Number: 289

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 59:08

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 77 (of 175)

Rank in course/Men: 64 (of 110)

Best time in course: 41:31

Rank in category: 10(of 15)

Best time in the category: 43:22