



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Braun, Michael**

Club: IfL Frauenwald

Number: 300

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 1:01:15

Speed: 9.80 km/h

Running performance: 6:07 min/km

Rank in course/Total: 90 (of 175)

Rank in course/Men: 71 (of 110)

Best time in course: 41:31

Rank in category: 10(of 17)

Best time in the category: 47:02