



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Nisle, Ewald

Club: Naila

Number: 316

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 1:01:48

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 96 (of 175)

Rank in course/Men: 75 (of 110)

Best time in course: 41:31

Rank in category: 7(of 8)

Best time in the category: 47:31