



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Röden, Gottfried**

Club: Metzgerei Max

Number: 526

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 1:02:43

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 109 (of 175)

Rank in course/Men: 82 (of 110)

Best time in course: 41:31

Rank in category: 13(of 15)

Best time in the category: 43:22