



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Frings, Marco**

Club: Vineyard Hof

Number: 307

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 1:03:29

Speed: 9.45 km/h

Running performance: 6:21 min/km

Rank in course/Total: 117 (of 175)

Rank in course/Men: 88 (of 110)

Best time in course: 41:31

Rank in category: 12(of 17)

Best time in the category: 47:02