



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Sammer, Matthias

Club: REHAU AG & Co

Number: 294

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 1:05:06

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 127 (of 175)

Rank in course/Men: 93 (of 110)

Best time in course: 41:31

Rank in category: 14(of 15)

Best time in the category: 43:22