



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Schlegel, Martin

Club: Hof

Number: 256

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 1:05:30

Speed: 9.16 km/h

Running performance: 6:33 min/km

Rank in course/Total: 128 (of 175)

Rank in course/Men: 94 (of 110)

Best time in course: 41:31

Rank in category: 8(of 9)

Best time in the category: 41:42