



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Bruening, Sören

Club: Frankfurt

Number: 262

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 1:07:33

Speed: 8.88 km/h

Running performance: 6:46 min/km

Rank in course/Total: 145 (of 175)

Rank in course/Men: 102 (of 110)

Best time in course: 41:31

Rank in category: 9(of 9)

Best time in the category: 41:42