



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Köhler, Ingo**

Club: Mitwitz

Number: 281

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 1:08:25

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 152 (of 175)

Rank in course/Men: 107 (of 110)

Best time in course: 41:31

Rank in category: 17(of 17)

Best time in the category: 42:04