



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Fröh, Reinhardt

Club: Berg

Number: 450

Course: 10.00 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:21:56

Speed: 7.32 km/h

Running performance: 8:11 min/km

Rank in course/Total: 4 (of 37)

Rank in course/Men: 3 (of 9)

Best time in course: 1:18:55

Rank in category: 3(of 9)

Best time in the category: 1:18:55