



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Thomas, Helmut

Club: Gattendorf

Number: 457

Course: 10.00 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:24:39

Speed: 7.09 km/h

Running performance: 8:28 min/km

Rank in course/Total: 6 (of 37)

Rank in course/Men: 4 (of 9)

Best time in course: 1:18:55

Rank in category: 4(of 9)

Best time in the category: 1:18:55