



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Rogler, Rolf

Club: Röslauer Running Team

Number: 390

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 43:22

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 5 (of 175)

Rank in course/Men: 5 (of 110)

Best time in course: 41:31

Rank in category: 1(of 15)

Best time in the category: 43:22