



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Schwertfeger, Bernd

Club: IfL Hof

Number: 459

Course: 10.00 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:26:48

Speed: 6.91 km/h

Running performance: 8:41 min/km

Rank in course/Total: 11 (of 37)

Rank in course/Men: 5 (of 9)

Best time in course: 1:18:55

Rank in category: 5(of 9)

Best time in the category: 1:18:55