



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Benker, Gerd

Club: ASV Stockenroth

Number: 292

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 44:35

Speed: 13.46 km/h

Running performance: 4:28 min/km

Rank in course/Total: 6 (of 175)

Rank in course/Men: 6 (of 110)

Best time in course: 41:31

Rank in category: 2(of 15)

Best time in the category: 43:22