



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Rauh, Volker

Club: Hof/Saale

Number: 454

Course: 10.00 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:34:09

Speed: 6.37 km/h

Running performance: 9:25 min/km

Rank in course/Total: 29 (of 37)

Rank in course/Men: 9 (of 9)

Best time in course: 1:18:55

Rank in category: 9(of 9)

Best time in the category: 1:18:55