



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Guber, Heiko

Club: Oberkotzau

Number: 287

Course: 10.00 km

Volkslauf

Category:

Männer M40

Total time: 48:00

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 16 (of 175)

Rank in course/Men: 16 (of 110)

Best time in course: 41:31

Rank in category: 3(of 17)

Best time in the category: 42:04