



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Lang, Jan

Club: REHAU AG & Co

Number: 258

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 49:26

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 25 (of 175)

Rank in course/Men: 22 (of 110)

Best time in course: 41:31

Rank in category: 3(of 9)

Best time in the category: 41:42