



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Gans, Marco

Club: Hof

Number: 578

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 49:53

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 27 (of 175)

Rank in course/Men: 26 (of 110)

Best time in course: 41:31

Rank in category: 3(of 11)

Best time in the category: 46:09