



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

#### Griesbeck, Tobias

Club: Sportclub Sparkasse Hochfranken  
Number: 265

Course: 10.00 km  
Volkslauf

Category:  
Männer M30

Total time: 50:09

Speed: 11.96 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 30 (of 175)

Rank in course/Men: 28 (of 110)

Best time in course: 41:31

Rank in category: 4(of 9)

Best time in the category: 41:42