



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Raab, Gerhard

Club: IfL Hof

Number: 306

Course: 10.00 km

Volkslauf

Category:

Männer M50

Total time: 51:41

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 37 (of 175)

Rank in course/Men: 34 (of 110)

Best time in course: 41:31

Rank in category: 6(of 17)

Best time in the category: 47:02