



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Sieder, Jürgen**

Club: SG Hutschenreuther Selb  
Number: 291

Course: 10.00 km  
Volkslauf

Category:  
Männer M45

Total time: 53:37

Speed: 11.19 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 44 (of 175)

Rank in course/Men: 39 (of 110)

Best time in course: 41:31

Rank in category: 7(of 15)

Best time in the category: 43:22