



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Rougier, Joris**

Club: AVG Club Omnisports

Number: 261

Course: 10.00 km

Volkslauf

Category:

Männer M30

Total time: 53:39

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 45 (of 175)

Rank in course/Men: 40 (of 110)

Best time in course: 41:31

Rank in category: 5(of 9)

Best time in the category: 41:42