



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

#### Radenz, Volker

Club: Post SV Hof

Number: 299

Course: 10.00 km

Volkslauf

Category:

Männer M45

Total time: 56:47

Speed: 10.57 km/h

Running performance: 5:41 min/km

Rank in course/Total: 59 (of 175)

Rank in course/Men: 52 (of 110)

Best time in course: 41:31

Rank in category: 8(of 15)

Best time in the category: 43:22