



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Helmut, Wolfram

Club: SSv Bad Brambach

Number: 535

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 57:05

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 61 (of 175)

Rank in course/Men: 54 (of 110)

Best time in course: 41:31

Rank in category: 3(of 8)

Best time in the category: 47:31