



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Nowak, Werner**

Club: SpVgg Bayern Hof

Number: 315

Course: 10.00 km

Volkslauf

Category:

Männer M55

Total time: 58:50

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 71 (of 175)

Rank in course/Men: 59 (of 110)

Best time in course: 41:31

Rank in category: 5(of 8)

Best time in the category: 47:31