



5. Park&See-Lauf
Hof / 06.10.2012

Detailed evaluation

Heinold, Alexander

Club: Rehau AG
Number: 301

Course: 10.00 km
Volkslauf

Category:
Männer (20-29 Jahre)

Total time: 55:41

Speed: 10.78 km/h
Running performance: 5:34 min/km

Rank in course/Total: 90 (of 184)

Rank in course/Men: 80 (of 127)

Best time in course: 37:49

Rank in category: 19(of 21)

Best time in the category: 40:47