



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

Lederer, Hans-Joachim

Club: Fürth  
Number: 278

Course: 10.00 km  
Volkslauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:01:34

Speed: 9.75 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 122 (of 184)

Rank in course/Men: 98 (of 127)

Best time in course: 37:49

Rank in category: 2(of 10)

Best time in the category: 45:25