



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