



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

Nowak, Werner

Club: Hof

Number: 276

Course: 10.00 km

Volkslauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:02:23

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 128 (of 184)

Rank in course/Men: 101 (of 127)

Best time in course: 37:49

Rank in category: 3(of 10)

Best time in the category: 45:25