



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

**Jakob, Reinhard**

Club: SV Berg  
Number: 279

Course: 10.00 km  
Volkslauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:05:05

Speed: 9.22 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 136 (of 184)

Rank in course/Men: 106 (of 127)

Best time in course: 37:49

Rank in category: 6(of 10)

Best time in the category: 45:25