



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

**Bollhorst, Rainer**

Club: Rehau AG  
Number: 253

Course: 10.00 km  
Volkslauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:05:40

Speed: 9.14 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 141 (of 184)

Rank in course/Men: 108 (of 127)

Best time in course: 37:49

Rank in category: 22(of 24)

Best time in the category: 40:38