



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Thumann, Lothar

Club: Laufftreff Neunburg

Number: 283

Course: 10.00 km

Volkslauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:08:10

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 155 (of 184)

Rank in course/Men: 115 (of 127)

Best time in course: 37:49

Rank in category: 8(of 10)

Best time in the category: 45:25