



5. Park&See-Lauf
Hof / 06.10.2012

Detailed evaluation

Cruz, Alexander

Club: 4FL Hof
Number: 442

Course: 10.00 km
Volkslauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:12:41

Speed: 8.25 km/h
Running performance: 7:16 min/km

Rank in course/Total: 168 (of 184)

Rank in course/Men: 120 (of 127)

Best time in course: 37:49

Rank in category: 7(of 8)

Best time in the category: 46:18