



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

**Benknar, Werner**

Club: LT Ginnheim  
Number: 534

Course: 10.00 km  
Volkslauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:15:09

Speed: 7.98 km/h  
Running performance: 7:31 min/km

Rank in course/Total: 172 (of 184)

Rank in course/Men: 121 (of 127)

Best time in course: 37:49

Rank in category: 9(of 10)

Best time in the category: 45:25