



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

**Müller-Esdohr, Jan-Dirk**

Club: Die schnellen Schnecken  
Number: 453

Course: 10.00 km  
Volkslauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:16:42

Speed: 7.82 km/h  
Running performance: 7:40 min/km

Rank in course/Total: 174 (of 184)

Rank in course/Men: 122 (of 127)

Best time in course: 37:49

Rank in category: 23(of 24)

Best time in the category: 40:38