



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

Lappat, Udo

Club: Hof

Number: 281

Course: 10.00 km

Volkslauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:17:40

Speed: 7.73 km/h

Running performance: 7:46 min/km

Rank in course/Total: 176 (of 184)

Rank in course/Men: 123 (of 127)

Best time in course: 37:49

Rank in category: 10(of 10)

Best time in the category: 45:25