



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

**Hadrava, Heiko**

Club: VLV-Oberzwota

Number: 463

Course: 10.00 km

Volkslauf

Category:

Männer (20-29 Jahre)

Total time: 42:08

Speed: 14.24 km/h

Running performance: 4:13 min/km

Rank in course/Total: 7 (of 184)

Rank in course/Men: 7 (of 127)

Best time in course: 37:49

Rank in category: 4(of 21)

Best time in the category: 40:47