



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

#### Glock, Uwe

Club: FC Post

Number: 237

Course: 10.00 km

Volkslauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:19:24

Speed: 7.56 km/h

Running performance: 7:56 min/km

Rank in course/Total: 182 (of 184)

Rank in course/Men: 126 (of 127)

Best time in course: 37:49

Rank in category: 24(of 24)

Best time in the category: 40:38