



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Hoheisel, Uwe

Club: PuPs

Number: 239

Course: 10.00 km

Volkslauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:12

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 12 (of 184)

Rank in course/Men: 11 (of 127)

Best time in course: 37:49

Rank in category: 3(of 24)

Best time in the category: 40:38