



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Knoth, Wolfgang

Club: MaliCrew / Jammerlappen

Number: 375

Course: 10.00 km

Nordic Walking

Category:

Walking/ Nordic Walking Männer

Total time: 1:17:29

Speed: 7.74 km/h

Running performance: 7:45 min/km

Rank in course/Total: 3 (of 37)

Rank in course/Men: 3 (of 11)

Best time in course: 1:14:11

Rank in category: 3(of 11)

Best time in the category: 1:14:11