



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

Gollnick, Christian

Club: FC Konradsreuth  
Number: 312

Course: 10.00 km  
Volkslauf

Category:  
Männer (20-29 Jahre)

Total time: 45:20

Speed: 13.24 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 18 (of 184)

Rank in course/Men: 17 (of 127)

Best time in course: 37:49

Rank in category: 6(of 21)

Best time in the category: 40:47