



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

**Schwertfeger, Bernd**

Club: IfL Hof

Number: 377

Course: 10.00 km

Nordic Walking

Category:

Walking/ Nordic Walking Männer

Total time: 1:24:35

Speed: 7.09 km/h

Running performance: 8:28 min/km

Rank in course/Total: 10 (of 37)

Rank in course/Men: 7 (of 11)

Best time in course: 1:14:11

Rank in category: 7(of 11)

Best time in the category: 1:14:11