



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Nafe, Christian

Club: RSC Marktredwitz

Number: 226

Course: 10.00 km

Volkslauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 45:23

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 19 (of 184)

Rank in course/Men: 18 (of 127)

Best time in course: 37:49

Rank in category: 2(of 10)

Best time in the category: 44:40