



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Benker, Gerd

Club: ASV Stockenroth

Number: 266

Course: 10.00 km

Volkslauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:46

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 23 (of 184)

Rank in course/Men: 22 (of 127)

Best time in course: 37:49

Rank in category: 5(of 15)

Best time in the category: 37:49