



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Damm, Christian

Club: Hof-Saale

Number: 284

Course: 10.00 km

Volkslauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 46:18

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 24 (of 184)

Rank in course/Men: 23 (of 127)

Best time in course: 37:49

Rank in category: 1(of 8)

Best time in the category: 46:18