



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Posner, Volker

Club: Rehau AG

Number: 518

Course: 10.00 km

Volkslauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:20

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 31 (of 184)

Rank in course/Men: 30 (of 127)

Best time in course: 37:49

Rank in category: 6(of 24)

Best time in the category: 40:38