



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Kupferschmidt, Ralf

Club: SC-Gefrees

Number: 251

Course: 10.00 km

Volkslauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:31

Speed: 12.63 km/h

Running performance: 4:45 min/km

Rank in course/Total: 34 (of 184)

Rank in course/Men: 33 (of 127)

Best time in course: 37:49

Rank in category: 7(of 24)

Best time in the category: 40:38