



5. Park&See-Lauf
Hof / 06.10.2012

Detailed evaluation

Pfenning, Michael

Club: Hof

Number: 512

Course: 10.00 km

Volkslauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:17

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 42 (of 184)

Rank in course/Men: 39 (of 127)

Best time in course: 37:49

Rank in category: 8(of 24)

Best time in the category: 40:38