



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

**Porst, Stefan**

Club: Sportclub Sparkasse Hochfranken e.V.  
Number: 249

Course: 10.00 km  
Volkslauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 49:54

Speed: 12.02 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 51 (of 184)

Rank in course/Men: 48 (of 127)

Best time in course: 37:49

Rank in category: 10(of 24)

Best time in the category: 40:38