



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

**Lang, Sebastian**

Club: Rehau AG  
Number: 295

Course: 10.00 km  
Volkslauf

Category:  
Männer (20-29 Jahre)

Total time: 50:08

Speed: 11.97 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 53 (of 184)

Rank in course/Men: 50 (of 127)

Best time in course: 37:49

Rank in category: 12(of 21)

Best time in the category: 40:47