



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

Lang, Jan

Club: Rehau AG  
Number: 229

Course: 10.00 km  
Volkslauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 50:26

Speed: 11.90 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 56 (of 184)

Rank in course/Men: 53 (of 127)

Best time in course: 37:49

Rank in category: 3(of 8)

Best time in the category: 47:21