



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

**Strootmann, Christian**

Club: IfL Hof  
Number: 264

Course: 10.00 km  
Volkslauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 51:16

Speed: 11.70 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 59 (of 184)

Rank in course/Men: 56 (of 127)

Best time in course: 37:49

Rank in category: 8(of 15)

Best time in the category: 37:49