



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Ruckdeschel, Hermann

Club: Lauffreunde TV Stammbach

Number: 287

Course: 10.00 km

Volkslauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 52:08

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 66 (of 184)

Rank in course/Men: 62 (of 127)

Best time in course: 37:49

Rank in category: 3(of 8)

Best time in the category: 46:18