



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

**Olmes, Sebastian**

Club: Gattendorf  
Number: 490

Course: 10.00 km  
Volkslauf

Category:  
Männer (20-29 Jahre)

Total time: 53:36

Speed: 11.19 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 80 (of 184)

Rank in course/Men: 73 (of 127)

Best time in course: 37:49

Rank in category: 17(of 21)

Best time in the category: 40:47