



6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

Detailed evaluation

Nowak, Werner

Club: Hof

Number: 266

Course: 10.00 km

Volkslauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:03:21

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 99 (of 142)

Rank in course/Men: 74 (of 89)

Best time in course: 38:38

Rank in category: 5(of 7)

Best time in the category: 44:14