



6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

Detailed evaluation

Pluder, Steven

Club: SC Markneukirchen

Number: 339

Course: 10.00 km

Volkslauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 41:35

Speed: 14.43 km/h

Running performance: 4:10 min/km

Rank in course/Total: 6 (of 142)

Rank in course/Men: 6 (of 89)

Best time in course: 38:38

Rank in category: 2(of 13)

Best time in the category: 39:05