



## 6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

### Detailed evaluation

**Lang, Achim**

Club: Die Dienstagsläufer

Number: 406

Course: 10.00 km

Nordic Walking

Category:

Walking/ Nordic Walking Männer

Total time: 1:23:21

Speed: 7.20 km/h

Running performance: 8:20 min/km

Rank in course/Total: 5 (of 28)

Rank in course/Men: 4 (of 12)

Best time in course: 1:12:31

Rank in category: 4(of 12)

Best time in the category: 1:12:31