



## 6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

### Detailed evaluation

Ziehr, Martin

Club: Döhlau

Number: 341

Course: 10.00 km

Volkslauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 45:33

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 11 (of 142)

Rank in course/Men: 11 (of 89)

Best time in course: 38:38

Rank in category: 1(of 5)

Best time in the category: 45:33