



6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

Detailed evaluation

Rau, Florian

Club: Schwimmverein Hof

Number: 216

Course: 10.00 km

Volkslauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:48

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 17 (of 142)

Rank in course/Men: 17 (of 89)

Best time in course: 38:38

Rank in category: 2(of 5)

Best time in the category: 45:33