



## 6. Radio Euroherz Park & See-Lauf

Hof / 05.10.2013

### Detailed evaluation

Langheinrich, Christian

Club: Hof

Number: 214

Course: 10.00 km

Volkslauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:39

Speed: 12.33 km/h

Running performance: 4:52 min/km

Rank in course/Total: 24 (of 142)

Rank in course/Men: 24 (of 89)

Best time in course: 38:38

Rank in category: 3(of 5)

Best time in the category: 45:33