



## 7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

### Detailed evaluation

**Pogoda, Sebastian**

Club: Entenhausen

Number: 214

Course: 10.00 km

Volkslauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 45:30

Speed: 13.19 km/h

Running performance: 4:33 min/km

Rank in course/Total: 21 (of 178)

Rank in course/Men: 20 (of 114)

Best time in course: 38:51

Rank in category: 4(of 12)

Best time in the category: 44:19