



## 7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

### Detailed evaluation

**Lenk, Christian**

Club: IfL Hof

Number: 244

Course: 10.00 km

Volkslauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:19

Speed: 11.47 km/h

Running performance: 5:14 min/km

Rank in course/Total: 63 (of 178)

Rank in course/Men: 55 (of 114)

Best time in course: 38:51

Rank in category: 8(of 17)

Best time in the category: 41:38