



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Kappauf, Jörg

Club: Arzberg

Number: 211

Course: 10.00 km

Volkslauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 55:25

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 86 (of 178)

Rank in course/Men: 72 (of 114)

Best time in course: 38:51

Rank in category: 12(of 12)

Best time in the category: 44:19