



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Rödel, Werner

Club: Hof

Number: 350

Course: 10.00 km

Volkslauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:39

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 128 (of 178)

Rank in course/Men: 91 (of 114)

Best time in course: 38:51

Rank in category: 15(of 17)

Best time in the category: 41:38