



## 7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

### Detailed evaluation

Lappat, Udo

Club: Hof

Number: 264

Course: 10.00 km

Volkslauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:25:54

Speed: 6.98 km/h

Running performance: 8:35 min/km

Rank in course/Total: 174 (of 178)

Rank in course/Men: 111 (of 114)

Best time in course: 38:51

Rank in category: 6(of 7)

Best time in the category: 47:28