



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Gareis, Helmut

Club: Hot Legs

Number: 247

Course: 10.00 km

Volkslauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:51

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 48 (of 178)

Rank in course/Men: 42 (of 114)

Best time in course: 38:51

Rank in category: 5(of 17)

Best time in the category: 41:38