



## 7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

### Detailed evaluation

**Pokst, Stefan**

Club: SC Sparkasse Kochfranken

Number: 379

Course: 10.00 km

Volkslauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:39

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 26 (of 178)

Rank in course/Men: 25 (of 114)

Best time in course: 38:51

Rank in category: 8(of 18)

Best time in the category: 39:44