



park&see-Lauf (1. Hofer Stadtlauf)

Hof / 27.09.2008

## Detailed evaluation

**Ruchalla, Carsten**

Club: Fitnesstreff Selb

Number: 235

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 1:44:03

Speed: 12.11 km/h

Running performance: 4:56 min/km

Rank in course/Total: 112 (of 290)

Rank in course/Men: 104 (of 232)

Best time in course: 1:13:03

Rank in category: 22(of 47)

Best time in the category: 1:18:15