



park&see-Lauf (1. Hofer Stadtlauf)

Hof / 27.09.2008

Detailed evaluation

Seiferth, Hermann

Club: TV Münchberg

Number: 263

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:45:59

Speed: 11.89 km/h

Running performance: 5:01 min/km

Rank in course/Total: 124 (of 290)

Rank in course/Men: 115 (of 232)

Best time in course: 1:13:03

Rank in category: 19(of 37)

Best time in the category: 1:29:55