



park&see-Lauf (1. Hofer Stadtlauf)

Hof / 27.09.2008

Detailed evaluation

Lares, Helmut

Club: Spvgg Bayern Hof

Number: 156

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 1:57:30

Speed: 10.72 km/h

Running performance: 5:34 min/km

Rank in course/Total: 197 (of 290)

Rank in course/Men: 173 (of 232)

Best time in course: 1:13:03

Rank in category: 7(of 11)

Best time in the category: 1:33:02