



park&see-Lauf (1. Hofer Stadtlauf)

Hof / 27.09.2008

Detailed evaluation

Hirschmann, Ralf

Club: Fitnesstreff Selb

Number: 107

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:59:41

Speed: 10.53 km/h

Running performance: 5:40 min/km

Rank in course/Total: 213 (of 290)

Rank in course/Men: 185 (of 232)

Best time in course: 1:13:03

Rank in category: 28(of 36)

Best time in the category: 1:19:31