



# park&see-Lauf (1. Hofer Stadtlauf)

Hof / 27.09.2008

## Detailed evaluation

**Miehling, Thomas**

Club: IFL Hof

Number: 183

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 2:04:35

Speed: 10.11 km/h

Running performance: 5:54 min/km

Rank in course/Total: 238 (of 290)

Rank in course/Men: 196 (of 232)

Best time in course: 1:13:03

Rank in category: 30(of 36)

Best time in the category: 1:19:31