



park&see-Lauf (1. Hofer Stadtlauf)

Hof / 27.09.2008

## Detailed evaluation

Van Laak, Thomas

Number: 294

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 2:15:48

Speed: 9.28 km/h

Running performance: 6:26 min/km

Rank in course/Total: 277 (of 290)

Rank in course/Men: 222 (of 232)

Best time in course: 1:13:03

Rank in category: 36(of 36)

Best time in the category: 1:19:31