



2. park&see-Lauf Hof

Hof / 26.09.2009

## Detailed evaluation

**Flade, Matthias**

Club: TV Münchberg/New Balance Team

Number: 50

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:14:26

Speed: 16.93 km/h

Running performance: 3:32 min/km

Rank in course/Total: 1 (of 293)

Rank in course/Men: 1 (of 245)

Best time in course: 1:14:26

Rank in category: 1(of 23)

Best time in the category: 1:14:26