



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Strootmann, Christian

Club: IfL Hof
Number: 224

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:48:25

Speed: 11.62 km/h
Running performance: 5:08 min/km

Rank in course/Total: 115 (of 293)

Rank in course/Men: 109 (of 245)

Best time in course: 1:14:26

Rank in category: 21(of 49)

Best time in the category: 1:26:04