



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