



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Pöhlmann, Horst

Club: IfL Hof
Number: 166

Course: 21.10 km
Halbmarathon

Category:
Männer M55

Total time: 1:51:37

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 135 (of 293)

Rank in course/Men: 127 (of 245)

Best time in course: 1:14:26

Rank in category: 9(of 19)

Best time in the category: 1:33:01