



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Lares, Helmut**

Club: Spvgg Bayern Hof  
Number: 128

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 1:52:04

Speed: 11.24 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 140 (of 293)

Rank in course/Men: 132 (of 245)

Best time in course: 1:14:26

Rank in category: 11(of 19)

Best time in the category: 1:33:01