



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