



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Limmer, Jens

Club: Hof

Number: 132

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:52:05

Speed: 11.24 km/h

Running performance: 5:19 min/km

Rank in course/Total: 141 (of 293)

Rank in course/Men: 133 (of 245)

Best time in course: 1:14:26

Rank in category: 15(of 23)

Best time in the category: 1:14:26