



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

Frisch, Johannes

Club: Hof

Number: 331

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:52:15

Speed: 11.22 km/h

Running performance: 5:19 min/km

Rank in course/Total: 142 (of 293)

Rank in course/Men: 134 (of 245)

Best time in course: 1:14:26

Rank in category: 25(of 49)

Best time in the category: 1:26:04