



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

Langer, Jörg

Club: Frankenpost Hof  
Number: 126

Course: 21.10 km  
Halbmarathon

Category:  
Männer M35

Total time: 1:53:12

Speed: 11.13 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 151 (of 293)

Rank in course/Men: 141 (of 245)

Best time in course: 1:14:26

Rank in category: 23(of 32)

Best time in the category: 1:19:22