



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Vollert, Rüdiger**

Club: Hof

Number: 236

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:54:13

Speed: 11.03 km/h

Running performance: 5:25 min/km

Rank in course/Total: 156 (of 293)

Rank in course/Men: 144 (of 245)

Best time in course: 1:14:26

Rank in category: 16(of 23)

Best time in the category: 1:14:26