



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Wildenberg, Armjin

Club: Viersen
Number: 297

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:54:15

Speed: 11.03 km/h
Running performance: 5:25 min/km

Rank in course/Total: 157 (of 293)

Rank in course/Men: 145 (of 245)

Best time in course: 1:14:26

Rank in category: 28(of 49)

Best time in the category: 1:26:04