



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Hirschmann, Ralf

Club: Fitnesstreff Selb
Number: 282

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:55:12

Speed: 10.94 km/h
Running performance: 5:28 min/km

Rank in course/Total: 165 (of 293)

Rank in course/Men: 150 (of 245)

Best time in course: 1:14:26

Rank in category: 34(of 60)

Best time in the category: 1:21:34