



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Pöhlmann, Gerhard

Club: IfL Helmbrechts
Number: 324

Course: 21.10 km
Halbmarathon

Category:
Männer M55

Total time: 1:55:48

Speed: 10.88 km/h
Running performance: 5:29 min/km

Rank in course/Total: 172 (of 293)

Rank in course/Men: 156 (of 245)

Best time in course: 1:14:26

Rank in category: 12(of 19)

Best time in the category: 1:33:01