



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Kremling, Udo

Club: TV Helmbrechts
Number: 121

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:55:54

Speed: 10.87 km/h
Running performance: 5:29 min/km

Rank in course/Total: 175 (of 293)

Rank in course/Men: 159 (of 245)

Best time in course: 1:14:26

Rank in category: 32(of 49)

Best time in the category: 1:26:04