



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Harich, Hanns-Detlev**

Club: IfL Hof  
Number: 78

Course: 21.10 km  
Halbmarathon

Category:  
Männer M50

Total time: 1:56:03

Speed: 10.86 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 176 (of 293)

Rank in course/Men: 160 (of 245)

Best time in course: 1:14:26

Rank in category: 11(of 20)

Best time in the category: 1:36:52