



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Knappe, Stephan**

Club: Döhlau  
Number: 110

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 1:57:38

Speed: 10.71 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 184 (of 293)

Rank in course/Men: 167 (of 245)

Best time in course: 1:14:26

Rank in category: 34(of 49)

Best time in the category: 1:26:04