



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