



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Birkner, Jürgen

Club: Hof

Number: 278

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:58:02

Speed: 10.67 km/h

Running performance: 5:35 min/km

Rank in course/Total: 187 (of 293)

Rank in course/Men: 170 (of 245)

Best time in course: 1:14:26

Rank in category: 35(of 49)

Best time in the category: 1:26:04