



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Kispert, Frank

Club: FHV Runners Hof
Number: 106

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 2:07:59

Speed: 9.85 km/h
Running performance: 6:04 min/km

Rank in course/Total: 245 (of 293)

Rank in course/Men: 209 (of 245)

Best time in course: 1:14:26

Rank in category: 53(of 60)

Best time in the category: 1:21:34