



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Luding, Karl-Heinz

Club: Feilitzsch
Number: 134

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 2:16:16

Speed: 9.25 km/h
Running performance: 6:28 min/km

Rank in course/Total: 270 (of 293)

Rank in course/Men: 227 (of 245)

Best time in course: 1:14:26

Rank in category: 45(of 49)

Best time in the category: 1:26:04