



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Appelt, Joachim

Club: Pößneck
Number: 301

Course: 21.10 km
Halbmarathon

Category:
Männer M70

Total time: 2:18:56

Speed: 9.07 km/h
Running performance: 6:35 min/km

Rank in course/Total: 279 (of 293)

Rank in course/Men: 234 (of 245)

Best time in course: 1:14:26

Rank in category: 2(of 2)

Best time in the category: 2:10:49