



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

Joseph, Monrad

Club: Fitnesstreff Selb  
Number: 100

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 2:18:59

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

Rank in course/Total: 280 (of 293)

Rank in course/Men: 235 (of 245)

Best time in course: 1:14:26

Rank in category: 19(of 19)

Best time in the category: 1:33:01