



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Zapf, Stefan

Club: Team Nutrilite
Number: 245

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 2:19:22

Speed: 9.04 km/h
Running performance: 6:37 min/km

Rank in course/Total: 283 (of 293)

Rank in course/Men: 238 (of 245)

Best time in course: 1:14:26

Rank in category: 60(of 60)

Best time in the category: 1:21:34