



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Lappat, Udo

Club: Hof

Number: 127

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 2:41:00

Speed: 7.83 km/h

Running performance: 7:38 min/km

Rank in course/Total: 293 (of 293)

Rank in course/Men: 245 (of 245)

Best time in course: 1:14:26

Rank in category: 20(of 20)

Best time in the category: 1:36:52