



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Heinz, Carsten**

Club: Düsseldorf  
Number: 83

Course: 21.10 km  
Halbmarathon

Category:  
Männer M35

Total time: 1:35:53

Speed: 13.14 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 41 (of 293)

Rank in course/Men: 39 (of 245)

Best time in course: 1:14:26

Rank in category: 8(of 32)

Best time in the category: 1:19:22