



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

Opel, Oliver

Club: Lamiluxaktiv  
Number: 159

Course: 21.10 km  
Halbmarathon

Category:  
Männer M30

Total time: 1:38:09

Speed: 12.84 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 49 (of 293)

Rank in course/Men: 47 (of 245)

Best time in course: 1:14:26

Rank in category: 8(of 23)

Best time in the category: 1:14:26