



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Koch, Thomas

Club: SGB Stadtsteinach
Number: 266

Course: 21.10 km
Halbmarathon

Category:
Männer M40

Total time: 1:23:01

Speed: 15.18 km/h
Running performance: 3:56 min/km

Rank in course/Total: 5 (of 293)

Rank in course/Men: 5 (of 245)

Best time in course: 1:14:26

Rank in category: 2(of 60)

Best time in the category: 1:21:34