



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Hager, Frank**

Club: Geislingen  
Number: 75

Course: 21.10 km  
Halbmarathon

Category:  
Männer M30

Total time: 1:39:23

Speed: 12.68 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 58 (of 293)

Rank in course/Men: 56 (of 245)

Best time in course: 1:14:26

Rank in category: 10(of 23)

Best time in the category: 1:14:26