



2. park&see-Lauf Hof
Hof / 26.09.2009

Detailed evaluation

Friedel, Harald

Club: IfL Hof
Number: 53

Course: 21.10 km
Halbmarathon

Category:
Männer M50

Total time: 1:41:09

Speed: 12.46 km/h
Running performance: 4:47 min/km

Rank in course/Total: 70 (of 293)

Rank in course/Men: 68 (of 245)

Best time in course: 1:14:26

Rank in category: 4(of 20)

Best time in the category: 1:36:52