



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Orso, Nikolaus**

Club: Team Icehous e. V.  
Number: 160

Course: 21.10 km  
Halbmarathon

Category:  
Männer M30

Total time: 1:41:44

Speed: 12.39 km/h

Running performance: 4:49 min/km

Rank in course/Total: 75 (of 293)

Rank in course/Men: 73 (of 245)

Best time in course: 1:14:26

Rank in category: 12(of 23)

Best time in the category: 1:14:26