



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Ackermann, Hellmut**

Club: Oberkotzau

Number: 1

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:44:18

Speed: 12.08 km/h

Running performance: 4:56 min/km

Rank in course/Total: 89 (of 293)

Rank in course/Men: 85 (of 245)

Best time in course: 1:14:26

Rank in category: 16(of 49)

Best time in the category: 1:26:04