



2. park&see-Lauf Hof  
Hof / 26.09.2009

## Detailed evaluation

**Herzig, Jörg**

Club: LG Hof  
Number: 87

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:23:45

Speed: 15.04 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 9 (of 293)

Rank in course/Men: 9 (of 245)

Best time in course: 1:14:26

Rank in category: 4(of 60)

Best time in the category: 1:21:34