



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