



3. Park&See-Lauf Hof  
Hof / 02.10.2010

## Detailed evaluation

**Garbe, Rainer**

Club: LG-Hof  
Number: 112

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 1:25:21

Speed: 14.76 km/h  
Running performance: 4:03 min/km

Rank in course/Total: 12 (of 237)

Rank in course/Men: 12 (of 195)

Best time in course: 1:13:26

Rank in category: 1(of 38)

Best time in the category: 1:25:21