



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Langheinrich, Markus

Club: IFL Hof
Number: 309

Course: 21.10 km
Halbmarathon

Category:
Männer M20

Total time: 1:28:52

Speed: 14.18 km/h
Running performance: 4:13 min/km

Rank in course/Total: 16 (of 237)

Rank in course/Men: 16 (of 195)

Best time in course: 1:13:26

Rank in category: 4(of 23)

Best time in the category: 1:17:59