



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Köppel, Alexander**

Club: SG Regnitzlosau

Number: 251

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 1:30:56

Speed: 13.92 km/h

Running performance: 4:19 min/km

Rank in course/Total: 22 (of 237)

Rank in course/Men: 22 (of 195)

Best time in course: 1:13:26

Rank in category: 2(of 23)

Best time in the category: 1:22:50