



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Koschel, Sebastian**

Club: LG Hallerstein-Schwarzenbach/S.

Number: 11

Course: 21.10 km

Halbmarathon

Category:

Männer M20

Total time: 1:33:26

Speed: 13.49 km/h

Running performance: 4:26 min/km

Rank in course/Total: 33 (of 237)

Rank in course/Men: 33 (of 195)

Best time in course: 1:13:26

Rank in category: 9(of 23)

Best time in the category: 1:17:59