



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Krämer, Uwe

Club: REHAU AG + Co.

Number: 128

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:34:43

Speed: 13.30 km/h

Running performance: 4:29 min/km

Rank in course/Total: 37 (of 237)

Rank in course/Men: 36 (of 195)

Best time in course: 1:13:26

Rank in category: 5(of 38)

Best time in the category: 1:25:21