



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Heber, Olaf**

Club: LG Hallerstein-Schwarzenbach/S.

Number: 118

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:34:46

Speed: 13.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 38 (of 237)

Rank in course/Men: 37 (of 195)

Best time in course: 1:13:26

Rank in category: 6(of 38)

Best time in the category: 1:25:21