



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Orso, Nikolaus**

Club: Team Icehouse e.V.  
Number: 26

Course: 21.10 km  
Halbmarathon

Category:  
Männer M30

Total time: 1:37:54

Speed: 12.87 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 51 (of 237)

Rank in course/Men: 50 (of 195)

Best time in course: 1:13:26

Rank in category: 8(of 20)

Best time in the category: 1:13:26