



3. Park&See-Lauf Hof  
Hof / 02.10.2010

## Detailed evaluation

Rührschneck, Christian

Club: Lamilux Aktiv  
Number: 284

Course: 21.10 km  
Halbmarathon

Category:  
Männer M35

Total time: 1:38:33

Speed: 12.79 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 54 (of 237)

Rank in course/Men: 53 (of 195)

Best time in course: 1:13:26

Rank in category: 9(of 23)

Best time in the category: 1:22:50