



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Abt, Alexander

Club: Hof

Number: 160

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 1:40:48

Speed: 12.50 km/h

Running performance: 4:47 min/km

Rank in course/Total: 68 (of 237)

Rank in course/Men: 66 (of 195)

Best time in course: 1:13:26

Rank in category: 3(of 16)

Best time in the category: 1:38:17