



3. Park&See-Lauf Hof Hof / 02.10.2010

Detailed evaluation

Hess, Kai

Club: FSV Naila

Number: 110

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:41:38

Speed: 12.46 km/h

Running performance: 4:49 min/km

Rank in course/Total: 71 (of 237)

Rank in course/Men: 69 (of 195)

Best time in course: 1:13:26

Rank in category: 12(of 38)

Best time in the category: 1:25:21