



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Limmer, Jens

Club: Life is running

Number: 34

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:42:35

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 74 (of 237)

Rank in course/Men: 71 (of 195)

Best time in course: 1:13:26

Rank in category: 11(of 20)

Best time in the category: 1:13:26