



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Puchta, Reinhard**

Club: IFL Helmbrechts

Number: 289

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:43:08

Speed: 12.22 km/h

Running performance: 4:53 min/km

Rank in course/Total: 75 (of 237)

Rank in course/Men: 72 (of 195)

Best time in course: 1:13:26

Rank in category: 4(of 20)

Best time in the category: 1:33:12