



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Nüssel, Hans

Club: IfL Hof

Number: 318

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:43:32

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 77 (of 237)

Rank in course/Men: 74 (of 195)

Best time in course: 1:13:26

Rank in category: 14(of 38)

Best time in the category: 1:25:21