



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Nafe, Christian

Club: RC Marktredwitz
Number: 283

Course: 21.10 km
Halbmarathon

Category:
Männer M30

Total time: 1:44:30

Speed: 12.11 km/h
Running performance: 4:57 min/km

Rank in course/Total: 81 (of 237)

Rank in course/Men: 78 (of 195)

Best time in course: 1:13:26

Rank in category: 12(of 20)

Best time in the category: 1:13:26