



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Kremling, Udo

Club: TV Helmbrechts
Number: 104

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 1:45:50

Speed: 11.91 km/h
Running performance: 5:01 min/km

Rank in course/Total: 91 (of 237)

Rank in course/Men: 88 (of 195)

Best time in course: 1:13:26

Rank in category: 17(of 38)

Best time in the category: 1:25:21