



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Bludau, Thomas**

Club: Selbitz  
Number: 111

Course: 21.10 km  
Halbmarathon

Category:  
Männer M45

Total time: 1:49:19

Speed: 11.58 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 104 (of 237)

Rank in course/Men: 100 (of 195)

Best time in course: 1:13:26

Rank in category: 20(of 38)

Best time in the category: 1:25:21