



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Friedel, Harald

Club: IfL Hof
Number: 143

Course: 21.10 km
Halbmarathon

Category:
Männer M50

Total time: 1:51:25

Speed: 11.31 km/h
Running performance: 5:17 min/km

Rank in course/Total: 115 (of 237)

Rank in course/Men: 109 (of 195)

Best time in course: 1:13:26

Rank in category: 7(of 20)

Best time in the category: 1:33:12