



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Degel, Hans-Jürgen**

Club: FSV Naila

Number: 109

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:53:23

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 127 (of 237)

Rank in course/Men: 120 (of 195)

Best time in course: 1:13:26

Rank in category: 23(of 38)

Best time in the category: 1:25:21