



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Thiede, Christian

Club: SG Regnitzlosau  
Number: 23

Course: 21.10 km  
Halbmarathon

Category:  
Männer M30

Total time: 1:54:28

Speed: 11.06 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 137 (of 237)

Rank in course/Men: 129 (of 195)

Best time in course: 1:13:26

Rank in category: 16(of 20)

Best time in the category: 1:13:26