



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Lares, Helmut

Club: SpVgg Bayern Hof  
Number: 157

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 1:56:50

Speed: 10.78 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 150 (of 237)

Rank in course/Men: 137 (of 195)

Best time in course: 1:13:26

Rank in category: 6(of 16)

Best time in the category: 1:38:17