



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Freddy, Lonke

Club: Hof

Number: 21

Course: 21.10 km

Halbmarathon

Category:

Männer M20

Total time: 1:59:16

Speed: 10.56 km/h

Running performance: 5:39 min/km

Rank in course/Total: 163 (of 237)

Rank in course/Men: 147 (of 195)

Best time in course: 1:13:26

Rank in category: 21(of 23)

Best time in the category: 1:17:59