



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Schafrina, Christof

Club: Selbitz  
Number: 230

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 2:03:20

Speed: 10.22 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 178 (of 237)

Rank in course/Men: 157 (of 195)

Best time in course: 1:13:26

Rank in category: 35(of 41)

Best time in the category: 1:20:26