



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Pohl, Wolfgang

Club: FC Wiesla Hof
Number: 105

Course: 21.10 km
Halbmarathon

Category:
Männer M45

Total time: 2:04:29

Speed: 10.12 km/h
Running performance: 5:54 min/km

Rank in course/Total: 182 (of 237)

Rank in course/Men: 159 (of 195)

Best time in course: 1:13:26

Rank in category: 30(of 38)

Best time in the category: 1:25:21