



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

Jochem, Alexander

Club: REHAU AG + Co.

Number: 38

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 2:05:17

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 185 (of 237)

Rank in course/Men: 162 (of 195)

Best time in course: 1:13:26

Rank in category: 18(of 20)

Best time in the category: 1:13:26