



3. Park&See-Lauf Hof  
Hof / 02.10.2010

## Detailed evaluation

Langheinrich, Volker

Club: Frechen  
Number: 165

Course: 21.10 km  
Halbmarathon

Category:  
Männer M55

Total time: 2:05:33

Speed: 10.08 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 188 (of 237)

Rank in course/Men: 164 (of 195)

Best time in course: 1:13:26

Rank in category: 11(of 16)

Best time in the category: 1:38:17