



3. Park&See-Lauf Hof

Hof / 02.10.2010

Detailed evaluation

Seifert, Frank

Club: Nürnberg

Number: 75

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 2:06:22

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 195 (of 237)

Rank in course/Men: 169 (of 195)

Best time in course: 1:13:26

Rank in category: 39(of 41)

Best time in the category: 1:20:26