



3. Park&See-Lauf Hof
Hof / 02.10.2010

Detailed evaluation

Saalfrank, Siegfried

Club: Viessmann kool runnings
Number: 185

Course: 21.10 km
Halbmarathon

Category:
Männer M70

Total time: 2:10:25

Speed: 9.66 km/h
Running performance: 6:11 min/km

Rank in course/Total: 205 (of 237)

Rank in course/Men: 174 (of 195)

Best time in course: 1:13:26

Rank in category: 3(of 4)

Best time in the category: 1:45:38