



### 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: 9.71 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