



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Zapf, Stefan**

Club: Team Nutrilite

Number: 130

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 2:13:38

Speed: 9.43 km/h

Running performance: 6:20 min/km

Rank in course/Total: 214 (of 237)

Rank in course/Men: 181 (of 195)

Best time in course: 1:13:26

Rank in category: 35(of 38)

Best time in the category: 1:25:21