



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

**Appelt, Joachim**

Club: Pößneck  
Number: 184

Course: 21.10 km  
Halbmarathon

Category:  
Männer M70

Total time: 2:19:27

Speed: 9.04 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 226 (of 237)

Rank in course/Men: 188 (of 195)

Best time in course: 1:13:26

Rank in category: 4(of 4)

Best time in the category: 1:45:38