



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