



3. Park&See-Lauf Hof  
Hof / 02.10.2010

Detailed evaluation

Lappat, Udo

Club: Neuhof-Apotheke  
Number: 151

Course: 21.10 km  
Halbmarathon

Category:  
Männer M50

Total time: 2:24:17

Speed: 8.73 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 233 (of 237)

Rank in course/Men: 192 (of 195)

Best time in course: 1:13:26

Rank in category: 20(of 20)

Best time in the category: 1:33:12