



### 3. Park&See-Lauf Hof

Hof / 02.10.2010

#### Detailed evaluation

**Flade, Matthias**

Club: TV Münchberg / NewBalance Team  
Number: 36

Course: 21.10 km  
Halbmarathon

Category:  
Männer M30

Total time: 1:15:25

Speed: 16.71 km/h  
Running performance: 3:34 min/km

Rank in course/Total: 2 (of 237)

Rank in course/Men: 2 (of 195)

Best time in course: 1:13:26

Rank in category: 2(of 20)

Best time in the category: 1:13:26