



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Garbe, Rainer

Club: LG Hof

Number: 82

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:25:07

Speed: 14.80 km/h

Running performance: 4:02 min/km

Rank in course/Total: 7 (of 191)

Rank in course/Men: 7 (of 151)

Best time in course: 1:14:14

Rank in category: 2(of 27)

Best time in the category: 1:19:05