



4. Park&See-Lauf  
Hof / 01.10.2011

## Detailed evaluation

**Förster, Heiko**

Club: RT INTERSPORT Schulze  
Number: 61

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:26:05

Speed: 14.64 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 8 (of 191)

Rank in course/Men: 8 (of 151)

Best time in course: 1:14:14

Rank in category: 2(of 39)

Best time in the category: 1:24:38