



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Luding, Jörg

Club: Trogen

Number: 29

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:31:15

Speed: 13.81 km/h

Running performance: 4:19 min/km

Rank in course/Total: 13 (of 191)

Rank in course/Men: 13 (of 151)

Best time in course: 1:14:14

Rank in category: 3(of 18)

Best time in the category: 1:14:14