



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Dr. Friese, Torsten**

Club: SG Hutschenreuther Selb

Number: 610

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:33:41

Speed: 13.45 km/h

Running performance: 4:26 min/km

Rank in course/Total: 17 (of 191)

Rank in course/Men: 17 (of 151)

Best time in course: 1:14:14

Rank in category: 3(of 27)

Best time in the category: 1:19:05