



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Hess, Kai

Club: Berganger

Number: 116

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 1:37:39

Speed: 12.90 km/h

Running performance: 4:38 min/km

Rank in course/Total: 27 (of 191)

Rank in course/Men: 27 (of 151)

Best time in course: 1:14:14

Rank in category: 1(of 21)

Best time in the category: 1:37:39