



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Friedel, Harald

Club: IfL Hof

Number: 122

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 1:37:45

Speed: 12.89 km/h

Running performance: 4:38 min/km

Rank in course/Total: 29 (of 191)

Rank in course/Men: 29 (of 151)

Best time in course: 1:14:14

Rank in category: 1(of 7)

Best time in the category: 1:37:45